International travel can pose various risks to health, depending on the characteristics of both the traveller and the travel. Travellers may encounter sudden and significant changes in altitude, humidity, microbes, and temperature, which can result in ill health.

In addition, serious health risks may emerge in areas where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services are not well developed and clean water is unavailable. Finally, travellers are at risk of dying or being injured in road traffic accidents.

Without proper advice and sufficient protection, travellers can expose themselves to all these health risks and bring back infectious agents to their countries of origin. By taking the necessary measures, however, it is possible to minimize those risks.

Under the International Health Regulations (2005), WHO works with Member States and partners to establish and implement the required policies and procedures for managing the potential public health risks associated with the international movement of people and goods.
WHO helps Member States to manage the risks associated with international travel

**Guiding**
Through its official website and the *International travel and health* book, WHO provides the latest, evidence-based travel health guidance for medical professionals, travellers and Member States. Also, WHO promulgates health conditions and entry requirements for major events, including the Hajj, the annual Islamic pilgrimage to Mecca.

**Collaborating**
WHO works with international institutions to improve global yellow fever risk mapping, increase yellow fever vaccination rates and define areas that require disinsection for conveyances. In addition, WHO works together with regional collaborating centres with competences in travel health to share information and expertise.

**Monitoring**
WHO monitors travel, transport and trade restrictions during international public health events, such as the 2014 Ebola Virus Disease outbreak, the 2011 Fukushima Daichi nuclear disaster and the 2009 H1N1 pandemic. Furthermore, during these events, WHO issues guidance recommendations and advice for travel, transport and trade.