

USA3901120F0504210<<<<<<<<<<<<0

CỘNG HÒA XÃ HỘI CHỦ NGHĨA VIỆT NAM

Socialist Republic of Vietnam

THỊ THỰC số : 29827/TT97
Visa No

Có giá trị MOT lần
Valid for journey (s)

Từ ngày... 25..06 199..7 đến ngày.. 25..09 199..7
From to



KHUC MINH THO

Họ và tên
Full name

Quốc tịch CỘNG HÒA CHIẾU HOA KỲ
Nationality

Mang hộ chiếu - Giấy Thông hành - Sổ thuyền viên
holding of Passport - Laissez-Passer - Marine card

số
no

đi với 0 trẻ em
accompanied by dependant (s)

Họ và tên :
Full name (s)

được phép nhập cảnh - nhập xuất cảnh - quá cảnh Việt Nam
is allowed to enter - to enter and exit from - to transit through Viet nam

qua địa điểm : NQ.L. BAI, TAN. SON. NHAT
at frontier point

Issued at WASHINGTON ngày.. 20/06 199..7
on



THỦ TƯỚNG ĐẠI SU
THƯ TỬ NHẬT

PHONG XUAN THANH



EMBASSY OF VIETNAM

1233 Twentieth Street, NW, Suite 501

Washington DC, 20036

Tel. (202) 861 0694

Tel. (202) 861 2293

Fax (202) 861 1297

ĐƠN XIN NHẬP CẢNH VIỆT NAM

(Dành cho người Việt Nam định cư ở nước ngoài)

9



1. Họ và tên trong hộ chiếu: MINH THO KHUC Nam, nữ

Họ và tên khai sinh: KHUC MINH THO

2. Ngày tháng năm sinh: 12-1-1939

3. Nơi sinh: Suctec Vietnam

4. Chỗ ở hiện nay: (số điện thoại):

5. Nghề nghiệp và nơi làm việc: Thư ký Quân Arlington, Virginia, USA

6. Quốc tịch gốc: Vietnam Quốc tịch hiện nay: Hoa Kỳ

7. Hộ chiếu hoặc giấy tờ có giá trị thay hộ chiếu: số ngày cấp 22-4-1995 Cơ quan cấp National Passport Unit Có giá trị đến ngày 21-4-2005

8. Trình độ văn hóa (bằng cấp hoặc học lực tương đương): Trung Học

9. Ngày rời khỏi Việt Nam (ghi rõ ngày, lý do, hình thức, nếu đi chính thức phải ghi rõ số hộ chiếu hoặc giấy phép x cảnh): 18-10-73 đi nhậm việc số Hộ Chiếu 16255

10. Địa chỉ trước khi rời Việt Nam: 373/30 Phạm Ngũ Lão, Quận 1, Saigon

11. Họ tên, địa chỉ thân nhân (cha, mẹ, vợ chồng) để báo tin khi cần thiết:

NGUYỄN THỊ MINH PHUONG (con)

12. Mục đích nhập cảnh (ghi rõ họ tên, quan hệ, địa chỉ thân nhân tại Việt Nam hoặc tên, địa chỉ cơ quan nơi về thăm hoặc làm việc): Thăm gia đình Ngụ gia thị Cảnh 230 Ba Ch Xuân Tân

Anh đầu nung

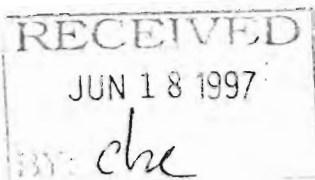
13. Thời gian dự kiến về Việt Nam: từ ngày 25 tháng 6 năm 1997 đến ngày 8 tháng 8 năm 1997

14. Cửa khẩu nhập xuất cảnh: Nội Bài (Tân Sơn Nhất) Tân Sơn Nhất

15. Trẻ em dưới 14 tuổi đi cùng:

- a) Họ và tên: sinh ngày / /19 quan hệ
- b) Họ và tên: sinh ngày / /19 quan hệ
- c) Họ và tên: sinh ngày / /19 quan hệ

Tôi xin cam đoan những lời khai trên đây là đúng sự thật, về Việt Nam theo đúng mục đích nhập cảnh và tuân thủ luật pháp Việt Nam.



Làm tại VIRGINIA ngày 10 tháng 6 năm 1997

Người khai ký tên

(Signature)

KAISER PERMANENTE
IMMUNIZATION PROFILE
PRINTED ON 06/23/1997

Page No: 1

Name: KHUC, MINH-THO MR: 010-640-11 ID:
Age: 58Y DOB: 01/12/1939 Sex: F Ht: Wt: Center: FALLS CHURCH

Problem List:
Patient Allergies:
Compliance Messages:

IMMUNIZATION	SERIES#	DATE	DOSAGE	MD
DIPHTHERIA/TETANUS, ADULT		06/23/1997	0.5 ML/1 D	ROMNEY, REBECCA
HEP A/HAVRIX, 1ML		06/23/1997	1 ML/1 DOS	ROMNEY, REBECCA
INFLUENZA TRIVALENT A,B		11/01/1904	0.5 ML/0.5	--
		10/29/1993	0.5 ML/1 D	MCFARLAND, SALLY A.
		10/05/1994	0.5 ML/1 D	LEE, DONNA
		11/29/1995	0.5 ML/1 D	--
		10/23/1996	0.5 ML/1 D	--
POLIOVIRUS INACTIVE INJ		06/23/1997	0.5 ML/1 D	ROMNEY, REBECCA

<END OF REPORT>

R. Romney jmo
6/26/97

KAISER PERMANENTE
IMMUNIZATION PROFILE
PRINTED ON 06/23/1997

Page No: 1

Name: KHUC, MINH-THO MR: 010-640-11 ID: _____
Age: 58Y DOB: 01/12/1939 Sex: F Ht: Wt: Center: FALLS CHURCH

Problem List:
Patient Allergies:
Compliance Messages:

IMMUNIZATION	SERIES#	DATE	DOSAGE	MD
DIPHTHERIA/TETANUS, ADULT		06/23/1997	0.5 ML/1 D	ROMNEY, REBECCA
HEP A/HAVRIX, 1ML		06/23/1997	1 ML/1 DOS	ROMNEY, REBECCA
INFLUENZA TRIVALENT A,B		11/01/1904	0.5 ML/0.5	---
		10/29/1993	0.5 ML/1 D	MCFARLAND, SALLY A.
		10/05/1994	0.5 ML/1 D	LEE, DONNA
		11/29/1995	0.5 ML/1 D	---
		10/23/1996	0.5 ML/1 D	---
POLIOVIRUS INACTIVE INJ		06/23/1997	0.5 ML/1 D	ROMNEY, REBECCA

<END OF REPORT>

NAME: KHUC, MINH-THO SEX: F MRN: 010-640-11 H: 703-560-0058
PERS. MD: 477 ROMNEY, REBECCA CTR: F AGE: 58 01/12/39 W: 703-358-5150
GROUP: 4126-6-0 ARLINGTON CNTY GOVERN STA: ACT H/A: 05/15/97
BEN: AB, A, C, EX, A, P, I, M

DATE: 06/20/97 TIME: 10:01 AM
CALLER: KHUC, MINH-THO TEMP:
PHONE: LMP: MENOPAUSAL
HISTORY: NONE EDC:
ALLERGIES: PCN G/P:
MEDICATIONS: NORVASE PHARMACY: KAISER
WEIGHT: 153 SIGNATURE: LAU, JONATHAN

SYMPTOMS:

DESTINATION VIETNAM X 2 MO. DEPART DATE 7/5. RECOMMENDATION PER MARIA
LANGLOIS, RN. 1) HEP A HAVRIX 1440 ELU/1.0 CC IM. IF NOT CURRENT. BOOSTER 6-
12 MO. 2) HEP B SERIES. 3) TD IF NOT CURRENT. 4) IPV 1X ADULT DOSE. 5)
TYPHOID PREPHYLAXIS: VIVOTIF #4 TABS, IF NOT CURRENT. TAKE QOD X 4 DOSES.
BEGIN IMMED. KEEP REFRIDGE. MUST COMPLETE BEFORE TRAVEL. 6) MALARIA
PROPHYLAXIS: DOXYCYCLINE 100 MG, #90. TAKE CAP QD BEGIN. 2 DAYS BEFORE ENTER.

ASSESSMENT:

MALAR. AREA, QD WHILE IN AREA, AND X 4 WKS AFTER LEAVING AREA. 7) INSTRUCT PT

DISPOSITION:

ABOUT FOOD, WATER, AND INSECT PRECAUTIONS. BY PT NEEDS APPT ASAP. CLINICAL RN
PLEASE CALL PT W/ APPT. 9) TRAVEL PACKET SENT TO F.I.M. AN NOTE PRINTED
TO F.I.M.

*****7-23-97*****

Romney



Falls Church Pharmacy
201 North Washington Street
Falls Church VA 22046
Refill Line: 1-800-700-1478
Telephone: (703)237-4430

Hours of Operation
8:30 AM - 11:00 PM
MONDAY - FRIDAY
9:00 AM - 11:00 PM
SATURDAY, SUNDAY & HOLIDAYS

PATIENT INFORMATION

KHUC, MINH-THO
7813 MARTHAS LANE FALLS CHURCH, VA 22043

Id#:

Dr. ROMNEY, REBECCA

Rx#:

TAKE ONE CAPSULE DAILY BEGIN 2 DAYS BEFORE ENTERING MALARIA AREA, 1 CAPSULE DAILY WHILE IN AREA AND FOR 4 WEEKS AFTER LEAVING AREA

Drug: DOXYCYCLINE 100MG CAP #D qty 90

(DOXYCYCLINE HYCLATE

100 MG/1 CAP)

Refills Left: 0

If refills left is zero, physician authorization is needed.

SENSITIVITY TO THE SUN MAY OCCUR WHILE TAKING DOXYCYCLINE, THEREFORE, USE A SUNSCREEN WITH A MINIMUM SPF 15 WHEN EXPOSED TO THE SUN. YOUR PHARMACIST IS AVAILABLE FOR CONSULTATION.

ABOUT YOUR MEDICATION

- May take with meals if stomach upset occurs.
- Take medication with a full glass of water
- Finish all medication. Take on schedule.
- No antacids/vitamins within 1 hr of this drug.
- May reduce effectiveness of birth control pills.
- Avoid prolonged exposure to sun. Use sunscreen
- Promptly report unusual symptoms/effects to Dr

KEEP OUT OF REACH OF CHILDREN

PATIENT RECEIPT

DATE: 06/23/97 16:16

CHARGE: \$ 5.00

REMAINS: \$--

YOUR Rx VALUE: \$ 37.50



R40839940110P600T1

Please Review and Update Allergies with Your Pharmacist

KHUC, MINH-THO

Id #: 01064011

NEED REFILLS?

Kaiser Permanente Mail Order Pharmacy

Save Money

If your co-pay is:

\$ 15
\$ 10
\$ 7
\$ 5
\$ 3
\$ 0

* You pay through mail order:

\$ 12
\$ 8
\$ 4
\$ 3
\$ 3
\$ 0

* no shipping or handling charges

Save A Trip to your center - Your prescription will be delivered by the U.S. Postal Service to your home address.

Call Anytime - Our 24 hour automated refill line **1-800-700-1479**

Using your touch tone phone follow the prompts to enter your ID number, phone number and prescription number. To have your prescription mailed to you choose option 2 and then option 1 for the mail order pharmacy.

For Fastest Service call our automated refill line and have your VISA or Master Card information ready. Your refillable prescription will be mailed within 24 hours and you will generally receive it within 5 business days.

Automated Refill Line: 1-800-700-1479

Fax Line: **703-709-1688**

For Other Payment Options and further details please call: **703-709-1742** or request information from any Kaiser pharmacy.

Do not take
OTIF BERNA™
(Vaccine Live Oral Ty21a)

Take 1st capsule
on
Mon 6/23/97



SKIP A DAY

Take 2nd capsule
on
Wed 6/25/97



SKIP A DAY

Take 3rd capsule
on
Fri 6/27/97



SKIP A DAY

Take 4th capsule
on



**STORE IN REFRIGERATOR UNTIL
READY TO TAKE.**

VIVOTIF BERNATM vaccine



DO's

DO complete at least 1 week before traveling

DO take each capsule **on an empty stomach** 1 hour before eating

DO take each capsule with a cold or lukewarm drink

DO keep capsules in refrigerator



DON'Ts

DON'T take the vaccine if you are taking antibiotics
(Consult your doctor)

DON'T take with alcohol

DON'T open capsules

DON'T forget to skip a day between capsules

DON'T forget to take all 4 capsules



Manufactured by
Swiss Serum and Vaccine Institute
Berne, Switzerland
US License No. 21

Distributed by
Berna Products, Corp.
Coral Gables, FL
Tel. 1-800-533-5899

*registered trademark for TYPHOID VACCINE LIVE ORAL Ty21a



Falls Church Pharmacy
201 North Washington Street
Falls Church VA 22046
Refill Line: 1-800-700-1479
Telephone: (703)237-4430

Hours of Operation:
8:30 AM - 11:00 PM
MONDAY - FRIDAY
9:00 AM - 11:00 PM
SATURDAY, SUNDAY & HOLIDAYS

PATIENT INFORMATION

KHUC, MINH-THO

7813 MARTHAS LANE FALLS CHURCH, VA 22043

Id#: (

Dr. ROMNEY, REBECCA

Rx#:

TAKE 1 CAPSULE EVERY OTHER DAY FOR 4 DOSES. BEGIN IMMEDIATELY

Drug: VIVOTIF BERNA VACCINE qty 1

(TYPHOID VACCINE LIVE ORAL TY21A 4 CAP/1 BOX)

Refills Left: 0 If refills left is zero, physician authorization is needed.

YOUR PHARMACIST IS AVAILABLE FOR CONSULTATION.

C

ABOUT YOUR MEDICATION



KEEP OUT OF REACH OF CHILDREN

PATIENT RECEIPT

DATE: 06/23/97 16:17



R40839941119P011

CHARGE: \$ **0/Basic** A

REMAINS: \$--

YOUR Rx VALUE: \$ 27.50

Please Review and Update Allergies with Your Pharmacist

KHUC, MINH-THO

Id #:

NEED REFILLS?
Kaiser Permanente Mail Order Pharmacy

Save Money

If your co-pay is:	* You pay through mail order:
\$ 15	\$ 12
\$ 10	\$ 8
\$ 7	\$ 4
\$ 5	\$ 3
\$ 3	\$ 3
\$ 0	\$ 0

* no shipping or handling charges

Save A Trip to your center - Your prescription will be delivered by the U.S. Postal Service to your home address.

Call Anytime - Our 24 hour automated refill line **1-800-700-1479**
Using your touch tone phone follow the prompts to enter your ID number, phone number and prescription number. To have your prescription mailed to you choose option 2 and then option 1 for the mail order pharmacy.

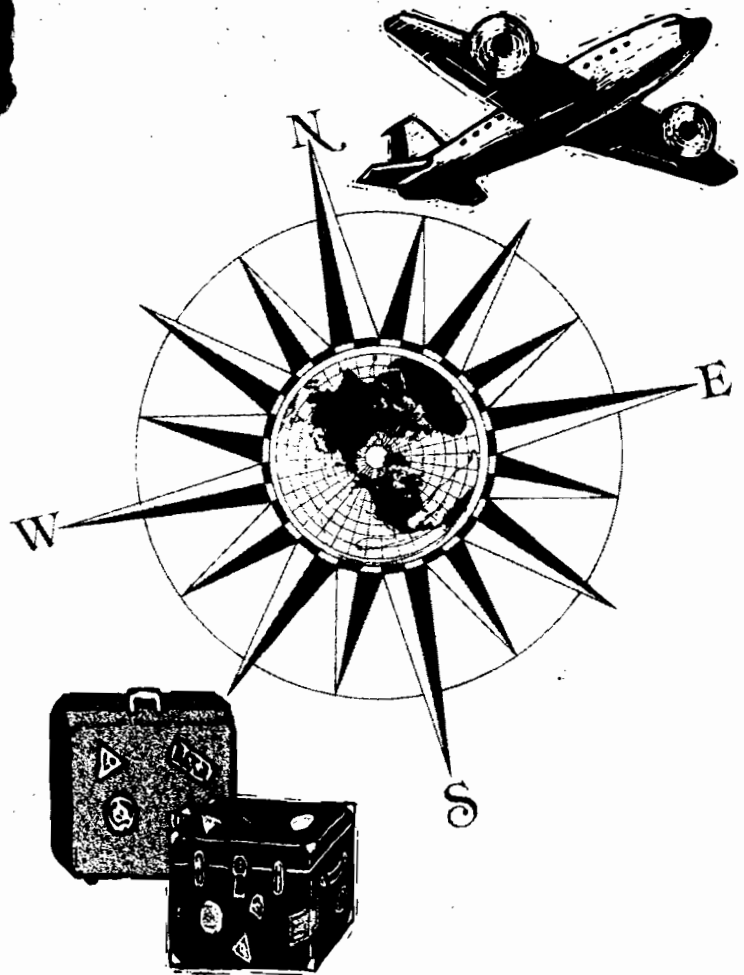
For Fastest Service call our automated refill line and have your VISA or Master Card information ready. Your refillable prescription will be mailed within 24 hours and you will generally receive it within 5 business days.

Automated Refill Line: 1-800-700-1479

Fax Line: **703-709-1688**

For Other Payment Options and further details please call: **703-709-1742** or request information from any Kaiser pharmacy.

TRAVEL COMPANION



KAISER PERMANENTE
Preventative Medicine Services

KS8823 July 1996

© Kaiser Permanente Medical Group, 1996

Printed in U.S.A. 



KAISER PERMANENTE
Preventative Medicine Services

ORDER INDEX

Call _____ to order the following travel-related materials.

#1 CHOLERA

#2 TRAVELING WITH DIABETES

#3 MARINE SAFETY

#4 ALTITUDE SICKNESS

#5 SCHISTOSOMIASIS

#6 SEXUALLY TRANSMITTED DISEASES

#7 FISH POISONING



This information booklet could not have been prepared without the help of professionals from SmithKline Beecham who lent their time and expertise.

Jerome J. Greenbaum, MD
The Permanente Medical Group
© Jerome J. Greenbaum, 1996



KAISER PERMANENTE
Preventative Medicine Services

Use of repellents to prevent tick and mite attachment provides the best prevention against this disease. See the Insect Protection Measures section in this booklet. **Production of typhus vaccine in the United States has been discontinued and there are no plans for commercial production of a new vaccine.**

CONTENTS

General Information

Kaiser Insurance Coverage for Travelers	2
Guidelines for International Travel	2
Travelers' Medical Kit Suggestions	4
Jet Lag	5

Accidents

Motor Vehicles	6
Fire Injuries	6
Violence	6
Other	7

Food and Waterborne Diseases

Water Safety	7
Food Safety	8
Fish Poisoning	8
Travelers' Diarrhea	9
Hepatitis A	12
Hepatitis E	14
Cholera	14
Typhoid	14

Insectborne Diseases

Malaria	15
Insect Protection Measures	18
Dengue Fever	20
Yellow Fever	20

Other Diseases

Hepatitis B	21
Meningococcal Meningitis	21
Plague	22
Rabies	22
Japanese B Encephalitis	23
Typhus	23

GENERAL INFORMATION

All handouts referred to in this booklet can be obtained from your physician by calling your travel medicine service. An order index is located inside the back cover of this booklet.

KAISER INSURANCE COVERAGE FOR TRAVELERS

Emergency illness is covered under your health plan.

Kaiser members are covered for **Emergency** visits to physicians and the hospital. Members need to pay for any care that they receive internationally because foreign countries will not accept any guarantee of payment from Kaiser. Save your bills and get a note from the doctor describing your treatment and then submit to the Health Plan for reimbursement.

The Health Plan Contract states that if you are 30 miles from a Kaiser facility and more than 30 miles from home, you are covered for **Emergency** care under your Kaiser contract benefits.

A Travel Packet explaining this benefit is available from your local Health Plan Office and can be mailed to you if you request it from them.

GUIDELINES FOR INTERNATIONAL TRAVEL

1. Always seek pretravel advice from your physician or nurse before planning an international trip. Ideally, this should be done 4 weeks prior to travel since a few rare vaccinations must be timed appropriately and administered as multiple injections.
2. Diabetics have special travel issues. If you are a diabetic, please refer to handout #2, Traveling with Diabetes.
3. If you are engaging in marine activities (diving, snorkeling, swimming, etc.) please refer to handout #3, on Marine Safety.
4. If you are traveling to high altitudes your physician will need to evaluate your medical history. Please refer to handout #4, Altitude Sickness.
5. Do not swim, bathe or wade in freshwater streams, rivers or lakes, or walk barefoot in areas endemic for schistosomiasis. If you are traveling to such areas, refer to handout #5.

Vaccination/Precautions

Pre-exposure vaccination is recommended for persons living in or visiting (for more than 30 days) areas of the world where rabies is a constant threat, as well as for most veterinarians, animal handlers, spelunkers, and certain laboratory workers. Any animal bite or scratch should receive prompt local treatment by thoroughly cleansing the wound with copious amounts of soap and water; this local treatment significantly reduces the risk of rabies.

Persons who may have been exposed to rabies should contact their physician immediately.

JAPANESE B ENCEPHALITIS

Japanese B encephalitis is a viral infection transmitted by the *Culex* species of mosquito. This mosquito is a night-time feeder with a large number of possible food sources, e.g., dogs, cats, birds and man, and occurs in rural *agricultural* areas throughout Asia, primarily from June through September. For years, before the vaccine was available, the incidence of this disease among U.S. travelers was so infinitesimal that it was not of great concern. The average traveler is not at risk for contracting this disease unless spending more than three to four months during the transmission season in a rural agricultural (rice-growing, pig-farming) endemic area.

Vaccination

In persons at risk, preventive measures include vaccination, and protection against mosquito bites (particularly at night). Refer to Insect Protection Measures in this booklet.

TYPHUS

Epidemic typhus is a rickettsial disease contracted from the bite of a body louse. It has been found worldwide and even in the United States.

TRAVELERS' MEDICAL KIT SUGGESTIONS

- Physician letter explaining your medical conditions (for example, drug allergies, heart disease, etc.); most recent copy of your EKG, as well as back-up prescriptions should your supply be lost.
- Prescription drugs, e.g., as required for pre-existing medical condition(s) as well as those required for your individual itinerary, such as chloroquine for malaria, etc.
- Needles and syringes, with ample back-up supply, if required for a pre-existing medical condition. In addition, it is advisable to include a letter from your physician explaining your requirements.
- First-aid kit with bandages, tape, antibiotic ointment, tweezers, scissors, etc.
- Pain medicine (aspirin, acetaminophen, or ibuprofen).
- Stool softener (Colace®) or glycerin suppositories.
- Pepto-Bismol® tablets and Imodium AD® for diarrhea.
- Decongestants or 12-hour nasal spray (Afrin®) for emergency use for ear pain on aircraft.
- Extra eyeglasses, contact lenses and/or a vision correction prescription, extra hearing aid and batteries.
- Insect repellent containing 30% DEET (N, N, diethyl-meta-toluamide).
- Sunscreen of at least SPF15.
- Soap, such as an antibacterial type.
- Motion-sickness medications, such as Dramamine®, Marezine® or Bonine®, which can be purchased without a prescription, or the prescription drug patch Transderm Scöps® if available and prescribed for you by your physician.

OTHER DISEASES

HEPATITIS B

The risk of hepatitis B virus (HBV) infection for international travelers is generally low, except for certain inhabitants and long-term visitors to countries with high HBV incidence. Factors to consider when assessing risk include: 1) the prevalence of HBV carriers in the local population, 2) the extent of direct contact with blood or secretions of, or, of *intimate sexual contact* with, potentially infected persons, and 3) the duration of travel. Don't forget this disease is transmitted like AIDS: by needles, transfusions, and sexual activity. It is a different disease than Hepatitis A, which is a foodborne and waterborne disease occurring because of fecal contamination.

Hepatitis B vaccination is available and recommended for all persons who work in health care fields. It should also be considered for persons who plan to reside in endemic areas for greater than six months. If that describes your situation, consult your physician. Vaccination needs pre-planning as it usually takes 3 to 6 months for the three- to four-part series.

MENINGOCOCCAL MENINGITIS

This illness is caused by bacteria (*Neisseria meningitidis*) that infect the membranes lining the brain and spinal cord. The disease is endemic among children, for the most part, in areas of the world described here. They mostly are asymptomatic, but can be the source of infection in our travelers, which unfortunately has occurred often enough to cause a great deal of health concern. The disease has been of sufficient importance among those Muslims migrating to Mecca in Saudi Arabia during the Hajj to have that government make the vaccine mandatory as a condition of entrance to that country.

Symptoms include fever, vomiting, severe headache pain, resistance when moving the head forward, and confusion, or lethargy. The illness may begin abruptly or develop over several days. **Seek medical help immediately.**

Vaccination

A meningococcal meningitis vaccine is available and usually given to Peace Corps volunteers, missionaries, teachers and others planning to live in close contact with the native population of a third world country, especially in sub-Saharan Africa for more than 4 weeks. In the United States there is currently a quadrivalent vaccine available that covers all but one strain, serogroup B. You should be vaccinated if planning travel to the "meningitis belt" of Africa, as well as Nepal, India, Kenya and Tanzania.

PLAGUE

This acute bacterial disease is primarily transmitted to humans by the bite of an infected rodent flea, but can be transmitted by person-to-person contact (through infected bodily secretions), or through contact with an infected animal or animal carcass. Plague is present in many areas including Africa, Asia and the Americas. The risk of exposure for the average traveler is very small, particularly if travel is limited to urban areas with modern hotel accommodations. The risk of exposure increases for travelers to rural, mountainous, or upland areas where plague is reported. During the recent outbreak of this disease in India, there were no visitors from foreign countries who acquired the disease.

Vaccination/Precautions

Preventive measures include selective vaccination, regular use of flea powders on domestic animals and avoidance of fleas and rodents. During periods of exposure in endemic areas, tetracycline 500 mg can be taken 4 times a day as prophylaxis.

RABIES

Rabies is almost always transmitted by animal bites and scratches which introduce the virus into wounds. Very rarely, rabies has been transmitted by nonbite exposures, such as saliva which introduces the virus into cuts or mucous membranes.

6. Sexually transmitted diseases, including hepatitis B and AIDS, are abundant in many places! Abstinence is the only sure protection, but risk may be reduced by avoiding high-risk sex and exposure to potentially contaminated body fluids. Latex condoms, purchased outside the United States, may be unreliable. Please refer to handout #6.
7. If malaria chemoprophylaxis is prescribed, always take your medication as your physician instructs. Refer to the Malaria section on page 15 of this booklet.
8. Take personal precautions against insects during travel. Many insect-transmitted diseases are not preventable by vaccines or drugs. Refer to the Insect Protection Measures section on page 18 of this booklet.
9. Be prepared to purify your own supply of drinking water if bottled or boiled drinks are not readily available. Refer to the Water Safety section on page 7 of this booklet.
10. Take appropriate dietary precautions. Refer to the Food Safety section on page 8 of this booklet.
11. Do not walk barefoot outdoors.
12. Protect yourself from accidental injury because accidents are the leading cause of hospitalization and death among travelers. Refer to the Accidents section on page 6 of this booklet.
13. Assemble a traveler's medical kit appropriate for your destination, length of trip and general health conditions. See recommendations for medical kit contents on page 4.
14. Consult your physician or nurse early in the trip's planning process regarding your possible need to update your childhood vaccines, i.e., measles, mumps, rubella, polio, tetanus-diphtheria, etc.
15. Some diseases may not manifest themselves immediately. If you become ill after you return home, see your physician.

- Minimize your intake of alcohol and coffee.
- Drink a lot of water. Airplane cabins are dry and dehydration accentuates jet lag.

ACCIDENTS

MOTOR VEHICLES

Accidents are the leading cause of death among travelers under the age of 55. A study of Peace Corps volunteers confirmed that automobile accidents are the #2 killer of younger people, followed by motorcycle accidents, drownings and suicides. An additional study revealed that many tourist-involved road accidents were single-car collisions. Loss of driver control, resulting from fatigue, alcohol and unfamiliar road conditions, was described as the cause.

Drive defensively, don't drink and drive. Drive only when alert and well rested; know the foreign street signs; study the map and know your route; and always remember...**wear your seat belts!**

FIRE INJURIES

Fire injuries are a significant cause of trauma and death among travelers. Protect yourself by inquiring whether or not hotels have smoke detectors and sprinkler systems; if in doubt, bring your own smoke detectors and **never smoke in bed**. Upon arriving at a new destination, look for your primary and secondary escape routes. Remember, to escape a fire in your room, drop to the floor and crawl low under the smoke. If the fire is outside your door, always feel the door for heat before opening. Wet towels and wet clothing offer some protection if the fire is unavoidable.

VIOLENCE

Risk for assault or terrorist attack varies from country to country; avoid going out at night in unfamiliar or unsafe areas, and avoid going out alone. If approached or confronted by a robber, do not resist; give up your valuables. *Seek and heed advice from locals and tour guides about areas to avoid. When in doubt, use your nearest U.S. Embassy or Consul for advice.*

eyes. Never use repellent on inflamed skin or on wounds.

Avoid applying repellents to portions of children's hands that are likely to have contact with eyes or mouth.

Pregnant and nursing women should minimize use of repellents.

Use repellent sparingly: one application will last approximately 4 to 12 hours depending on the brand. Saturation does not increase efficacy. Wash repellent-treated skin after coming indoors. If a suspected reaction to insect repellents occurs, such as slurred speech, staggering gait, lethargy, or seizures, wash treated skin and call a physician (take the repellent container with you).

3. Small mesh insect netting reduces insect access, but similarly reduces ventilation. Large netting, impregnated with permethrin, accomplishes protection while maintaining airflow through the bednet.
4. Avoid "smelly substances"—perfumes, colognes, after-shave, scented deodorants, and fragrant soaps.
5. Spray sleeping quarters with flying insect killers (Raid®, Black Flag®) 1 hour before going to sleep.
6. Use mosquito coils especially in nonscreened rooms.
7. Permanone® is a new permethrin cloth impregnating solution. In addition, a concentrated animal tick and flea repellent which can be diluted to the appropriate 5% permethrin strength can be obtained with difficulty and has not been officially approved by the FDA. Permethrin-treated clothing kills and repels ticks, mosquitoes and other insects and retains this effect after repeated laundering. Also, a permethrin containing shampoo (NIX®) and a prescription cream (Elimite®) are available.
8. Check bedding for ticks and other insects before retiring for the evening.

DENGUE FEVER

Dengue is a viral illness that is distributed worldwide with more than half the population of the globe at risk for infection. The female *Aedes aegypti* mosquitoes, which transmit dengue, bite primarily during the daytime and are present in urban areas as well as resort and rural areas. There is no vaccination available for this disease. Your best protection against acquiring Dengue is to avoid mosquito bites. See Insect Protection Measures in this booklet.

Symptoms

Dengue causes flu-like symptoms, e.g., sudden high fever, severe headache, muscle and joint pain, and fatigue (these initial symptoms can mimic an attack of malaria). Treatment consists of supportive care involving rest, fluid replacement, and analgesics. A concern is your mistaking the symptoms of malaria for that of Dengue. ***It is recommended that if, while traveling in an area endemic for malaria, you develop a fever, seek medical attention immediately to eliminate malaria as the cause.***

YELLOW FEVER

Yellow fever is a viral infection transmitted by the bite of the female *Aedes aegypti* mosquito (among others), a daytime feeder identical to the mosquito that transmits Dengue. Fortunately, the use of the long-lasting, highly protective yellow fever vaccine has eliminated almost all of the disease in humans.

Vaccination

Immunization against yellow fever consists of a single-dose, attenuated virus vaccine, producing immunity approximately 100% for 10 years. After immunization, the International Certificate of Vaccination is valid for that period. Booster doses are given every 10 years to revalidate the certificate.

Remember, a completed, signed, validated International Certificate of Vaccination for Yellow Fever is required for entry into certain countries. If there is a specific contraindication to the vaccination, your physician must give you a waiver before travel. Refer to Insect Protection Measures in this booklet.

JET LAG

Jet lag is the term used to describe the discomfort produced by rapid travel across multiple time zones, and tends to be more pronounced when traveling in an easterly direction. It results from disruption of the body's internal clock and produces symptoms such as fatigue, irritability, disturbed sleep, forgetfulness and poor appetite. The average traveler needs about one day to adjust for every two hours of time change. Like all disorders with no cure, there are many proposed remedies. Exposure to bright daylight is one of the ways you can help your body readjust its internal time clock naturally.

Melatonin is being studied to determine if it has an effect on resetting the internal time clock. In one study, travelers were given 5 mg of melatonin for three days prior to departure (at the time of day corresponding to nighttime in their destination city) and for three days after arrival, before going to bed. Newer data have shown that 3 mg and possibly less may be appropriate. Although they seemed to "normalize" their sleep patterns in less time, it is too soon to determine if the treatment is safe and cost effective. Another problem is that melatonin can only be obtained in health food stores, whose supply is not regulated for potency, quality, or sterility.

Strategies for Reducing Jet Lag

- Plan the journey to arrive at the new destination in the early evening, then go to bed on local time.
- Upon boarding, reset your watch to the new destination time and try to adjust eating and sleeping accordingly.
- If you are scheduled to arrive in the morning, try to sleep during the flight. If you are scheduled to arrive in the evening, try to stay awake during the flight.
- Force your body to adjust to the new local time, as soon as possible, with activity, exercise and meal-time adjustments.
- Dramamine®, the over-the-counter motion sickness drug, can be used as a safe sleeping aid and can be found and purchased worldwide.

INSECT PROTECTION MEASURES

We have said previously if you don't get bitten by a mosquito, you probably won't get malaria. But if you don't get an insect bite, you also won't get yellow fever, filariasis, viral encephalitis, dengue, lyme disease, leishmaniasis, typhus, onchocerciasis, trypanosomiasis, or several other tropical and infectious diseases. Most of these diseases have no vaccination tactic so your only protection is to avoid insect bites that transmit the disease. This section deals with what must be done to reduce your risk of developing any and all of those diseases, and it must be done day and night to be effective. Insects to avoid: mosquitoes (day feeders), mosquitoes (night feeders), ticks, sand flies, fleas, tsetse fly, assassin/kissing bugs, black flies and chiggers.

Prevention requires a multifaceted approach. By practicing the following recommendations, you can achieve a very high degree of protection against insect bites:

1. Cover up bare skin, if possible, by wearing long sleeved shirts, hats and pants. Shirts should be tucked in. Boots should be worn and sandals avoided. Pants should be tucked into socks and boots. Avoid bright or dark-colored clothes.
2. Use insect repellents with DEET (N,N-diethyl-meta-toluamide). Formulas containing 30% DEET are recommended to reduce potential for toxicity. The 95% formulas are no longer recommended. Hourguard 12®, a long-lasting polymer cream formula sold by the Amway Corp. is highly recommended but can only be obtained from an Amway salesperson who can be looked up in the phone book. DEET-Plus®, made by Sawyer Products, enhances a 17% DEET Product to higher activity as well as adding an agent which helps to repel biting flies. Skeedaddle® is the DEET product recommended for children.

Minimize Potential for Adverse Reactions from DEET-Containing Repellents:

Do not inhale, ingest, or get repellents into your



OTHER

Other major causes of disease, injury or death include illness from swimming in contaminated water as well as drowning in unfamiliar or unsafe areas. Is the water potentially contaminated? Water may be contaminated with fecal material from sewage and contain disease-causing bacteria and viruses, such as schistosomiasis, and pathogenic amoebic organisms, etc. There may be dangerous currents, tides and surf. ***Generally, ask the locals before you enter the water.*** For additional information refer to handout #3 on Marine Safety.

Protection against potentially hazardous drugs is nonexistent in some countries. Do not buy medications "over the counter" unless you are familiar with the product.

FOOD AND WATERBORNE DISEASES

Contaminated food and water are common sources of infection among travelers to less developed countries. The most common are diarrheal diseases caused by a variety of bacterial, protozoan, or viral infections and infections of the liver caused by the hepatitis A and E viruses. To a lesser extent there are risks from the organisms causing typhoid fever and cholera, tapeworm diseases caused from eating contaminated and undercooked fish, pork or beef, and acute dysentery or chronic diarrhea from an amoebic infection. Many of the infectious diseases transmitted in food and water can also be acquired directly through the fecal-oral route. These are far too many to count, but are avoidable by following some basic safety rules...***"Boil it, cook it, peel it, or forget it!" and "Always wash your hands before eating."***

WATER SAFETY: BE WATERWISE

In areas where chlorinated tap water is not available, or where hygiene and sanitation are poor, note that only the following may be safe to drink:

1. Water that is boiled or appropriately treated with iodine or chlorine.
2. Beverages, such as tea and coffee, made with boiled water.

3. Canned or bottled carbonated beverages, including carbonated bottled water and soft drinks.
4. Beer and wine.

FOOD SAFETY: *BE FOODWISE*

Select your food with care. All raw food is subject to contamination, particularly in areas where hygiene and sanitation are inadequate. You are advised to avoid salads, uncooked vegetables, fruits and juices unless you peel or squeeze them yourself. Watermelons are often injected with tap water to increase their weight. Avoid unpasteurized milk and milk products, such as cheese. Heated foods must be cooked well and served while still hot. Avoid raw or undercooked eggs, meat, fish, shellfish and *buffet food* that can be handled frequently and served over and over again. Street vendors may have cooked your taco meat well-done, but watch out for the salsa, lettuce and tomato, and realize flavored ices sold by street vendors are especially risky. If you are in a developing country and invited to a private home for dinner, be *Foodwise*—make sure that the food is served hot and make sure that it is cooked. Studies have shown that food served in private homes has just as much potential for contamination as restaurant food.

FISH POISONING

Seafood is generally a healthy, safe and nutritious part of a balanced diet, but some caution is justified when traveling. Seafood poisoning can result from eating spoiled seafood, fresh seafood that contains biotoxins, and seafood made infectious because of growth in a fecally contaminated ecosystem. It is difficult to protect yourself from the first two sources of risk, but you can do something about the latter, i.e., *Be Foodwise* and remember that the consumption of *uncooked seafood* is risky. **Don't eat raw fish or uncooked shellfish.**

For additional information on Fish Poisoning, please refer to handout #7.



Adult dosage: Take 1 tablet (100 mg) daily starting 1 to 2 days before entering malarious area, each day while in the area, and daily for an additional 4 weeks after leaving.

Child dosage: For children over 8 years of age, consult your pediatrician or your travel service. Not for children under 8 years of age.

Please note: Not to be used by pregnant women or children under 8 years of age, and due to increased sensitivity to the sun, wear a sun-screen.

3. **Mefloquine (Lariam®)** This prophylactic drug is recommended for almost all travelers worldwide except for Central America above Panama and the Middle East. These are areas where chloroquine can still be used.

Adult dosage: Take 1 tablet (250 mg salt) once a week 1 to 2 weeks before travel, then weekly during travel, and for 4 weeks after returning.

Child dosage: Consult your pediatrician or your travel service.

Please note: In the past, this medication has not been recommended for children under 33 lbs. or for women in the first 3 months of their pregnancy. Enough experience has been gained to allow the use of this medicine in both groups when the risk of disease is great. In children, the bitter taste of the medicine makes it difficult to administer. However, chocolate milk or cocoa makes it more tolerable for young people. Those taking quinine and patients with heart rhythm problems should check with their physician about taking mefloquine.

Important Note: Taking prophylactic antimalarial drugs is not a 100% guarantee that you will not develop malaria, but it's close, when combined with your adherence to proven effective insect protection strategies. However, if you suspect you are having an attack of malaria, urgently seek medical care. If medical care is not readily available, and if you are carrying standby antimalarial drugs, start self-treatment immediately.

Call a Physician?

If diarrhea is severe or does not resolve within several days; if there is blood in the stool; if fever occurs with shaking chills; or if there is persistent voluminous diarrhea, which could induce dehydration, you should consult a physician rather than attempt self-medication.

Treatment Agents

Individuals with TD have two major complaints for which they desire relief—abdominal cramps and/or diarrhea. The following agents, taken as directed, will offer some relief:

Nonspecific: Kaolin and pectin (Kaopectate®) have been widely used for diarrhea, but have not proven to be very effective.

Bismuth subsalicylate preparation, Pepto-Bismol®, taken as 1 oz of liquid or two 26.5 mg tablets every 30 minutes for 8 doses. NOTE: There is concern about taking large amounts of bismuth and salicylate, especially for those individuals who may be unable to take salicylates, who have kidney disease, or who take salicylates for other reasons. In addition, people suffering from typhoid fever can be hypersensitive to the fever-lowering effect of salicylates. Use caution. Consult a physician if there are any concerns.

Antimotility Agents: Loperamide (Imodium®), sold over the counter, comes in a convenient dosage form and provides prompt symptomatic but temporary relief of uncomplicated TD. However, it should not be used in patients with high fever or with blood in their stool. This drug should be discontinued if symptoms persist beyond 48 hours. Loperamide should not be used in children under the age of 2. The older drug, Lomotil®, available only by prescription, contains an active ingredient believed not to be as effective as loperamide, plus another one not as helpful, atropine. It is no longer as highly recommended.

Antimicrobial Treatment: Travelers who develop diarrhea with three or more loose stools in an 8-hour period, especially if associated with nausea, vomiting, abdominal cramps, fever, or blood in the stools, may benefit from antimicrobial treatment. See a physician. A typical 3-day illness can often be shortened by an



inch), may appear on the chest and abdomen. There is a 50% occurrence of diarrhea, which is sometimes bloody, but constipation also occurs. In fact, if your doctor considers diarrhea a prerequisite for the diagnosis of this disease, the diagnosis may be missed.

Prevention

S. typhi bacteria are transmitted by human carriers of the organisms, and in all countries with substandard sanitation, there is risk of typhoid transmission. Fortunately, its incidence among U.S. travelers is only 1/100 of that of hepatitis A. Pay close attention to dietary safety and **Be Foodwise and Be Waterwise**.

Vaccination

Typhoid is prevalent in many countries of Africa, Asia, and Central and South America. The vaccine is only recommended for travelers to areas where there is a recognized risk of exposure to *S. typhi*.

INSECTBORNE DISEASES

MALARIA

If you don't get bitten by a mosquito, you won't get malaria.

All malarial diseases are transmitted by the bite of an infected female Anopheles mosquito, and *she feeds at night*. The most dangerous infections occur with those of one of the four malaria strains, *Plasmodium falciparum*, which in the most dangerous areas in this world is present in as much as 90% or more of all infected mosquitoes. Two hundred million clinical cases of malaria occur each and every year. Thirty thousand cases occur among European and American travelers. The disease is characterized by fever and flu-like symptoms, including chills, headache, body aches and malaise, but can even present as diarrhea. Malaria may be associated with anemia and jaundice, and *P. falciparum* infections may cause kidney failure, coma and death. Deaths due to malaria are preventable.

Malaria is the most important parasitic disease that you will face in most tropical and subtropical countries. A delay in diagnosis and treatment can have

serious or fatal consequences. More soldiers have been put out of action by malaria than by bullets. If you travel to a malarious region, there are five things you must do:

1. Become informed about your risk of acquiring malaria in that particular region.
2. Take measures to prevent mosquito bites. (See Insect Protection Measures.)
3. Take a prophylactic (preventative) drug.
4. Know the symptoms of malaria.
5. **Seek immediate medical care** if those symptoms occur.

Chemoprophylaxis

Before departing for a malarious area, you and your doctor will decide if prophylaxis is indicated and which drug, if any, you will take. In general, selection of a drug is dependent on your age, itinerary and exposure to resistant strains of malaria-causing organisms. One of the following three options may be selected:

1. **Chloroquine Phosphate (Aralen®)** This is the older, long-used medicine which now can only be used in areas where the dangerous falciparum strain has not become resistant (see mefloquine).

Adult dosage: Take 1 tablet, each containing 500 mg salt, *once* a week starting 1 week before entering a malarious area, each week while there, and 4 weeks after leaving the area.

Child dosage: 8.3 mg/kg salt (6 mg/kg base) *once* a week, up to a maximum adult dose of 500 mg salt/week.

Please note: Chloroquine may be harmful if there is severe psoriasis, porphyria, problems involving the retina of the eye, or certain kinds of anemia.

2. **Doxycycline (Vibramycin®)** This drug is recommended. For some travelers to Southeast Asia, whose journeys take them very close to border areas. Almost all the large cities of Southeast Asia are free of malaria.

TRAVELERS' DIARRHEA

Travelers' diarrhea (TD) is the most common cause of illness in travelers. Common symptoms, related to the diarrhea, include abdominal cramps, nausea, bloating, urgency, fever and malaise.

The Causes

TD is acquired through ingestion of fecally contaminated food and water. Risky foods and drinks are those discussed previously, and are considered risky because they may carry the infectious agents capable of causing TD. Travelers who go from industrialized to developing nations frequently develop a rapid change in the type of organisms in their gastrointestinal tract. Some of these new organisms are potential TD-causing organisms, and those travelers who develop TD have ingested enough of them to overcome those residing normally in their gut.

Prevention

Always wash your hands with soap and water before eating. This prevents transferring diarrhea-causing bacteria or parasites to your food or mouth. For the same reasons, you should always wash your hands after changing a child's diaper.

Follow the rules of diet. **Be Waterwise and Be Foodwise.**

Prophylactic antibiotics are *not* recommended for travelers. Sensible dietary practices are the best prophylactic measure, and are justified by the excellent results of early treatment of TD.

You might consider prophylaxis with Pepto-Bismol® (2 tablets 4 times a day) if you will be traveling short term (less than 2 weeks) and cannot afford to have your trip interrupted or travel plans altered because of illness.

Treatment

Simplify your illness; don't share it with family or friends. If you have diarrhea, be sure to wash your hands after using the toilet. You can easily spread diarrheal diseases to others through person-to-person contact, or through food that you have touched during preparation.

HEPATITIS E

The hepatitis E virus is usually transmitted by sewage-contaminated water, but can be transmitted by close person-to-person contact. Hepatitis E is a common cause of acute viral hepatitis in developing countries. It usually affects adults and has an unusually high mortality in pregnant women. Symptoms are similar to hepatitis A. There is no vaccine for this disease which proves there is no substitute for being food-wise and waterwise.

CHOLERA

Cholera is a socioeconomic disease. It's a disease of malnourishment, poor health practices, slums and the poor, and it resides in those communities where these conditions are found. Travelers following the usual tourist itinerary and using standard accommodations in countries reporting cholera are at virtually no risk of infection. In fact, the risk of cholera to U.S. travelers (1 in 500,000 returning travelers) of any age is so low that it is questionable whether vaccination is of benefit. Our own Centers for Disease Control (CDC) in fact recommends against it. **Always Be Foodwise and Waterwise** to protect yourself from this disease. Currently no country or territory requires vaccination as a condition for entry, but some *local* authorities may continue to require documentation of vaccination against cholera or a letter from your physician stating that you have a contraindication to its use. For more information refer to handout #1 on Cholera.

TYPHOID

Typhoid fever is a serious, sometimes life-threatening disease caused by a particular species of salmonella bacteria (*Salmonella typhi*) and is contracted by the consumption of contaminated food or water, or by close person-to-person contact with infected family members, cooks, food servers, etc.

Symptoms and Diagnosis

The early symptoms of typhoid fever are flu-like and consist of chills and fever, headache, weakness, loss of appetite, abdominal pain, and body aches (myalgia). A rash, with pink spots measuring 2 to 4 mm (1/4

antibiotic regimen such as Bactrim® DS or Septra® DS taken twice daily. One day, up to a maximum of three days of treatment, is usually recommended. Ciprofloxacin 500 mg, often as a single dose, may shorten the course, but 1 pill, twice a day, for a maximum of three days, may be required for more severe illness.

Food and Water: Your intestine continues to absorb water and nutrients despite diarrhea. Remember that food, especially easy-to-digest starches, reduces the volume of diarrhea. Food enhances water absorption and is a source of sodium and energy providing calories. Soup or broth, plus toast or salted crackers, is an excellent starting diet. (The best soups are lightly salted rice and noodle soups.) The BRAT diet (bananas, rice, applesauce, toast) is easily remembered and well tolerated.

Oral Fluids: Most cases of diarrhea are self-limited and require only simple replacement of fluids and salts. In children, rehydration is of paramount importance since their small bodies become dehydrated so much more easily. This is best achieved by use of an oral rehydration solution such as World Health Organization (WHO) Oral Rehydration Salts (ORS) Solution. This solution is appropriate for treating as well as preventing dehydration. ORS packets are available at stores or pharmacies in almost all developing countries. It is prepared by adding one packet of ORS to boiled or treated water. The proper concentration of the solution is important; therefore, packet instructions should be followed carefully to ensure that the salts are added to the correct volume of water.

Oral Rehydration Fluids (ORS)-Recipes:

- 1) Quick ORS—One teaspoon of salt and 2 to 3 tablespoons of sugar or honey to 1 liter of water.
- 2) Quick ORS—Mix one 8-oz cup of orange juice (or other fruit juice) with 3 cups of water and add 1 teaspoon of salt.
- 3) Homemade ORS—1 liter clean water, 1/2 tsp. table salt, 1/4 tsp. salt substitute (KCl), 1/2 tsp. baking soda, 2 to 3 tbs. sugar, or 2 tbs. honey or Karo syrup.

Infants with Diarrhea

Children aged 0 to 2 years are at high risk of acquiring travelers' diarrhea and at great risk of dehydration. Dehydration is best prevented by use of WHO ORS solution in addition to the infant's usual diet. The infant who vomits the ORS will usually keep it down if the ORS is offered in frequent small sips by spoon. Breast-fed infants should continue nursing on demand. For bottle-fed infants, full-strength lactose-free, or lactose-reduced formulas should be administered. Older children receiving semisolid or solid foods should continue to receive their usual diet during diarrhea. Recommended foods include starches, cereals, yogurt, fruits and vegetables, or the BRAT diet discussed earlier.

Watch It, All Liquids Are Not Equal

The high sugar content of many drinks will draw water out of the intestine, increase diarrhea, worsen dehydration, and possibly lead to a condition called hyponatremia. Do not give apple juice, grape juice, cola, 7-Up®, Jell-O®, Gatorade®, orange juice or ginger ale, unless heavily diluted. Refer to the section describing Oral Rehydration Solution (ORS).

HEPATITIS A

This is the most common type of hepatitis worldwide. Its incidence among travelers has been estimated in studies as involving as many as three in 100 travelers. The virus is usually transmitted by food and water in areas where there is poor sanitation. Contaminated shellfish, harvested from polluted waters, are often responsible for outbreaks. The virus is killed when heated to 180°F (85°C) so the thorough cooking of food will prevent infection unless it's contaminated after cooking by improper handling. A less common means of transmission is through close person-to-person contact.

The fatality rate of hepatitis A is extremely low, but this risk increases with age. The disease risk can be greatly reduced by being *foodwise* and *waterwise*, but studies demonstrate that risk to travelers increases with the length of time of exposure in developing countries, even when adhering to standard tourist

itineraries. If you are going to be in a developing country for an extended length of time, your physician may recommend immunoglobulin or vaccination.

Immune Globulin

You can get short-term protection against hepatitis A with an injection of immune (sometimes called gamma) globulin (IG). The length of protection this gives varies with the amount of IG given, with a maximum of 5 cc. offering up to 6 months' protection. Even if HIV antibodies were present in pooled immune globulin, this would not constitute an AIDS risk because it does not indicate the presence of a virus. In fact, any product batch with such HIV antibodies present is discarded and no disease has ever been passed in the many years of IG's intramuscular use.

Vaccination

There is now a vaccine that provides long-term active immunity against hepatitis A. The hepatitis A vaccination is recommended for 1) frequent travelers who want to avoid getting an injection of immune globulin prior to each trip to a risk area, and 2) persons planning extended travel or residence in a lesser-developed country. The vaccine probably offers protection for 10 years.

Symptoms

Symptoms usually appear 2 to 6 weeks after exposure. Most adults have hepatitis symptoms which consist of malaise, nausea and lack of appetite as the predominant ones. Vomiting, aches, abdominal pain and fever can also occur followed by the diagnostic jaundice (yellow color of the skin and eyes) that develops a week later. Young children often have asymptomatic or mild disease. By the time the jaundice appears, the virus is no longer in your stool or blood and you are no longer infectious, so quarantine or isolation procedures are not really necessary. However, close contacts such as family members or companions should receive immune globulin if they are not immune.

POSTCARD CAN BE DESIGNED TO LOOK LIKE THIS:

THIS IS TO LET YOU KNOW THAT I ARRIVED SAFELY ON_____.

I AM CURRENTLY STAYING AT_____

I WILL BE LEAVING HERE ON_____ **AND MY NEXT STOP WILL BE**

_____.

VIA AIR MAIL



PAR AVION

Bác Đình Văn Phút

TO : Chi Phúc

8445528

SĨ HOÀNG

SH

36 - 38 LÝ TỰ TRỌNG - Q.1 - TP. HCM
ĐT : 8299156

MUỐN HÀNG VẼ TRÊN CÁC LOẠI VẢI
ĐƯỢC BỀN ĐẸP XIN QUÝ KHÁCH
LƯU Ý KHI SỬ DỤNG :

- * 1- GIẶT BẰNG TAY TRONG
NƯỚC LẠNH VÀ XÀ BÔNG.
 - * 2- KHÔNG ĐƯỢC VÒ VÀ VẮT.
PHƠI CHỖ THOÁNG MÁT.
 - * 3- ỦI MẶT TRÁI HOẶC LÓT
KHĂN TRÊN BỀ MẶT CỦA
HÀNG VẼ
-

SĨ HOÀNG



36 - 38 LÝ TỰ TRỌNG - Q.1 - TP. HCM

ĐT : 8299156

TRUNG TÂM THƯƠNG MẠI QUỐC TẾ
INTERNATIONAL TRADING CENTER



Thanh Lịch
(Shop 109)

- BÁN SỈ VÀ LẺ THỜI TRANG
TRẺ EM CÁC LOẠI
- THÊU - VẼ CÁC LOẠI ÁO KIỂU
KIMONO

101 NAM KỲ KHỞI NGHĨA
(ĐỐI DIỆN THANG MÁY)

ĐT Tư Gia : 8548718
8547884

SĨ HOÀNG



36 - 38 LÝ TỰ TRỌNG - Q.1 - TP. HCM
ĐT : 8299156

MUỐN HÀNG VẼ TRÊN CÁC LOẠI VẢI
ĐƯỢC BỀN ĐẸP XIN QUÝ KHÁCH
LƯU Ý KHI SỬ DỤNG :

- * 1- GIẶT BẰNG TAY TRONG
NƯỚC LẠNH VÀ XÀ BÔNG.
 - * 2- KHÔNG ĐƯỢC VÒ VÀ VẮT,
PHƠI CHỖ THOÁNG MÁT.
 - * 3- ỦI MẶT TRÁI HOẶC LÓT
KHĂN TRÊN BỀ MẶT CỦA
HÀNG VẼ
-
-

2T lavi

1600

15 pep

19

1795

Số' ứng: 067

Đ. thuai: 862480

bà b. sa đéc
(hà h. ai)

FAMOUS VIRGINIA

ORIGINAL



A handwritten signature or scribble consisting of a long, sweeping line that curves upwards and then forms two overlapping loops before ending.

8553577

Xinh



CTY TNHH NGUYỄN TRẦN

303 TRẦN PHÚ - Q.5, TP.HCM

NGUYEN TRAN TAXI



8.350.350

AN TOÀN - NHANH CHÓNG - TIỆN NGHI

Safely - Quickly - Comfortable

GIÁ CƯỚC

- * Đồng hồ tính bằng tiền đồng VN
- * 1Km đầu 5000 VNĐ
- * 200m tiếp theo 1000 VNĐ
- * Từ sau 30km

Giảm còn 3000đ/Km

FARE

- * Fare displayed in Viet Nam Dong
- * The first Km . 5000 VND
- * Per 200m following . 1000 VND
- * After 30 Km discount

rate for distance will be 3000đ/Km

DRIVER'S NAME :

Đông

CAR N^o

xe : 292

11710 & 1000-

5.855 over

Liêu Tuấn Sĩ

CHỦ CƠ SỞ

8940313 *gặp Phung*



Tư gia : 228/3 Lê Quang Định , F.14 - Q.BT

CỬA HÀNG HƯNG THỊNH

- Địa chỉ : 44c/ 1 Quốc lộ 13 , Bình Triệu , Thủ Đức , TP. HCM
(gần cầu Ông Dầu)
- Điện thoại : 8.669.451 Fax :

***Chuyên* MUA BÁN, TRAO ĐỔI,
KÝ GỬI CÁC THIẾT BỊ :**

- Máy cày xới, gặt đập liên hợp, bơm nước, cắt cỏ ...
 - Máy bơm bê tông, máy đào.
-

Con kính thăm

Chú

Con gửi thư

cho con. Phần

như các bộ

hàng mua

ở Phương Vi

hàng tìm



Travel & Tours

Phòng Bán Vé Máy Bay
Trong Nước & Quốc Tế
Long

Địa chỉ : 50 Nam Kỳ Khởi Nghĩa, Quận 1, TP. Hồ Chí Minh.



: 8224122.

Fax : 84.8.8298604

E-Mail : atlas@netnam2.org.vn



ລາວ
LAO AVIATION



CATHAY PACIFIC



- Phục vụ liên tục từ 07:30 đến 19:00

Từ Thứ Hai đến Thứ Bảy.

- Dịch vụ giao vé tận nhà miễn phí.

- Giá vé ưu đãi cho khách đoàn và khách thường xuyên

- Tổ chức tham quan du lịch trong & ngoài nước:
Indonesia, Ấn Độ, Thái Lan, Malaysia,
Singapore, Trung Quốc, Hồng Kông, Nepal,
Philippin, Hoa Kỳ, Châu Âu...

TRUNG TÂM THƯƠNG MẠI DỊCH VỤ AN ĐÔNG

ANH THU

SAP C HỒ LẬU

- ★ BÁN SỈ VÀ LẺ CÁC MẶT HÀNG THIÊU CAO CẤP
- ★ NHẬN HỢP CÁCH CHẾ TẠO CÁC MẶT HÀNG
- MAY THIÊU XUẤT KHẨU NỘI ĐỊA

NR : 377/1 PHAN VĂN TÀI, P.11, Q.BT

ĐT : 8940617

ĐT Ở SAP : 8387849

XIN SỐ : 2078



VCCI



Travel & Tours

Phòng Bán Vé Máy Bay
Trong Nước & Quốc Tế

Địa chỉ : 50 Nam Kỳ Khởi Nghĩa, Quận 1, TP. Hồ Chí Minh.



: 8224122.

Fax : 84.8.8298604

E-Mail : atlas@netnam2.org.vn



ການບິນລາວ
LAO AVIATION



CATHAY PACIFIC



- Phục vụ liên tục từ 07:30 đến 19:00
Từ Thứ Hai đến Thứ Bảy.
- Dịch vụ giao vé tận nhà miễn phí.
- Giá vé ưu đãi cho khách đoàn và khách
thường xuyên
- Tổ chức tham quan du lịch trong & ngoài nước:
Indonesia, Ấn Độ, Thái Lan, Malaysia,
Singapore, Trung Quốc, Hồng Kông, Nepal,
Philippin, Hoa Kỳ, Châu Âu...

FURNITURE
THỊNH PHÁT

Nhận :

- ⊗ THIẾT KẾ, LẮP ĐẶT
- ⊗ CUNG CẤP TRANG THIẾT BỊ NỘI THẤT
- ⊗ CHUYÊN VỀ CÁC KIỂU KỆ - SALON - TỦ

111 - 113 - 115 Ngô Gia Tự

ĐT : 8320706

Số 171 Ngô Gia Tự - Q.10

ĐT : 8352849

203 Ngô Gia Tự - Q.10 - ĐT : 8392445

ĐT di động : 8934616



Xuân Sơn
Vũ Năng Tĩnh

Toàn khoa Đông y lão sư
Tinh trị : Tiểu đường, Tiểu máu,
Băng huyết, Huyết bạc, Vô sinh,
Quản tính sảy thai.

U.V HỘI Y HỌC CỔ TRUYỀN TP HCM
CHUẨN SỞ THUẬN HUNG HĂNG
49 LƯƠNG NHU HỌC Q.5
ĐT 8557028
ỨNG CHẨN CẢ TUẦN
TU 8 GIỜ SÁNG ĐẾN 5 GIỜ CHIỀU
CHIỀU CHỦ NHẬT TẠI TU GIA

Cầm ba: (Nhân Bình - Bình)

ĐT: 8452470.

TU GIA 241/11/3 PHẠM NGŨ LÃO Q.1

ĐT : 8355558



春 山
性 能 武

全科:東醫老師

精治:糖尿,血尿,崩血,

白帶,無孕,精痿,遺夢滑精

胡志明市古傳醫學會委員

診所:順興藥行

第五郡梁如學街49號

電話:8557028

應診時間:由八至十七點

休息:星期日下午,私家有接急病

52/23 cu' Xa' lữ gia
Cô Chin - nhà ĐT. 8550737.
Tủ 17810-121

常住在第一郡范伍老街門牌241/11/3

電話:8355558

FURNITURE
THỊNH PHÁT

Nhận :

- ⊗ THIẾT KẾ, LẮP ĐẶT
- ⊗ CUNG CẤP **TRANG THIẾT BỊ NỘI THẤT**
- ⊗ CHUYÊN VỀ CÁC KIỂU **KỆ - SALON - TỦ**

111 - 113 - 115 Ngô Gia Tự

ĐT : 8320706

Số 171 Ngô Gia Tự - Q.10

ĐT : 8352849

203 Ngô Gia Tự - Q.10 - ĐT : 8392445

ĐT di động : 8934616



AIRPORT TAXI

TEL : 8 44 66 66

*xe mazda 323, màu trắng tính tiền theo đồng hồ White taxi.
model mazda 323, air conditioned and metered*

TAXI N°: 455 DRIVER: NGOC 84595217

FURNITURE
THỊNH PHÁT

Nhận :

- ⊗ THIẾT KẾ, LẮP ĐẶT
- ⊗ CUNG CẤP TRANG THIẾT BỊ NỘI THẤT
- ⊗ CHUYÊN VỀ CÁC KIỂU KỆ - SALON - TỦ

111 - 113 - 115 Ngô Gia Tự

ĐT : 8320706

Số 171 Ngô Gia Tự - Q.10

ĐT : 8352849

203 Ngô Gia Tự - Q.10 - ĐT : 8392445

ĐT di động : 8934616



TANACO TAXI
TEL : 8.226.226

Số xe 50'04



Giá Meter

- 6000đ/km đầu tiên
- 1000đ mỗi 150 m kế tiếp
- 3000đ/km tính từ km thứ 31

Sự tiện nghi thoải mái của Quý Khách
là phương châm phục vụ của **TANACO TAXI**

CỬA HÀNG ĐỒ GỖ CAO CẤP

HỒNG VINH

♦ Kinh doanh các mặt hàng : Đồ gỗ - Sắt - Nệm
Giường - Tủ - Bàn - Ghế các loại ...

♦ *Nhận trang trí nội thất*

ĐC : 326 NGUYỄN THỊ MINH KHAI
QUẬN 3 - TP. HỒ CHÍ MINH

ĐT : 8330420
ĐTDD : 090704416

29/7/97

Kính má,

Sáng nay con về, hôm qua
có gọi, má đi thăm lãng Bắc.
Thôi má ở lại ăn vừa vừa
o thôi lại đi thăm TPO THAO
mát công.

Nhĩ chi coi lại case của
Thăng ở Nghĩa nhà em. Xem
có giúp đợi gì không. Hứa
sẽ bao châu phổ Tây Hồ.

Chau

P.S. Cho gọi lại chào chị Phấn.
và cảm ơn rất nhiều.

Chị khúc c. Thợ
844 5528

Copies bán lẻ

Ti' gax 11710 x 3500 USD =

Đức Chinnas - 40.985.000 ARN
về xe buýt 6.092.000

ĐƠN VỊ :

HÓA ĐƠN BÁN LẺ SỐ :

Họ tên người mua hàng :

Đơn vị cơ quan :

Số TT	TÊN HÀNG VÀ QUY CÁCH PHẨM CHẤT	Đơn vị tính	Số lượng	Giá đơn vị	THÀNH TIỀN
1	Cash			20	
2	1000			35	
3					
4	1 Cơm			8	
5	3 Dishes			15	
6					
7	3 Bread			3	
8					
9					
10					
11					
12					
13					
14					
CỘNG :				80000	

Tổng thành tiền (viết bằng chữ) :

.....

Ngày 12 tháng 8 năm 1998

Người nhận hàng - Đã nhận đủ tiền Người viết hóa đơn

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

12.7.97.

Đưa mô T ^u	500.000 ^đ
hà tiền nhà hàng	600.000 ^đ
	1.100.000 ^đ

500 USD = 5840.000^đ

5840.000^đ - 1.100.000^đ = 4.740.000^đ

THỦ T^U

29-4 Đinh Sửu
Ngày Đinh Sửu

$$\underline{\text{Giá}} 11678 \times 500 \text{ USD} = 5.840.000^{\text{t}}$$

- Trừ 1.000.000 = chi tiêu.

- * - 250.000 = trả nợ dân.

1.250.000

$$5.840.000^{\text{t}} - 1.250.000^{\text{t}} = \boxed{4.590.000^{\text{t}}}$$

Ngày 10 tháng 11 năm 199 09

STT	TÊN THỨC ĂN - THỨC UỐNG	SỐ LƯỢNG	ĐƠN GIÁ	THÀNH TIỀN
1	Khăn	14		14.000
2	Soda	2		18.000
3	Ái ^(c)	2		22.000
4	Suối	2		18.000
5	pepsi	1		9.000
6	Điện	2		20.000
7	coca	2		18.000
8	gỏi cá	2		68.000
9	Mức chiên	2		68.000
10	Cua me	3	(2,1)	263.000
11	lẩu chua	1		48.000
12	Bún	2		6.000
13	Trứng vịt	1		12.000
14				
15				

TỔNG CỘNG : 584.000


THỊNH PHÁT

111-113 Ngõ 44 Phố Nguyễn Trãi DT 2320706

171 Ngõ 44 Phố DT 2320706 DTDD 8934616

- * TRUYỀN KẾ LẬP DẬT
- * CÔNG CẤP TRANG THIẾT BỊ NỘI THẤT
- * CHUYÊN CÁC KIỂU KỆ - SALON - TỦ

BIÊN LAI

Kios h hàng

Địa chỉ

Hợp đặt mua

Giá tiền

Đem trước

Hạn trả đủ ngày

Báo hàng ngày

Bảo hành

KHÁCH HÀNG

CHỦ NHON ký tên

77

Trang Trí Nội Thất

TIẾN PHÁT

172 - 171 Ngõ Gia Tự, Q. 10

ĐT: 8351496 - 8398858

9A B B 350055

TP. Hồ Chí Minh, ngày 11 tháng 8 năm 1997

Kính gửi

Anh Tuấn, 1m 10 quay

cho thuê nhà ở Tân Hưng - 2440.000đ

cho thuê GX màu xám

(bao bảo vệ 12 tháng)

~~Ngày 11/8/97~~

~~ho~~

Tùng

CỬA HÀNG TRẠNG TRÍ NỘI THẤT

Nº 000002

THANH THẢO

BIÊN NHẬN

90 - 92 Ngõ 1 Tự - Quận 10

ĐT: 8450079

Khách hàng

Ô Cũ

Địa chỉ

Vũng Tàu

STT	TÊN HÀNG	Số lượng	Đơn giá	Thành tiền
1	Bộ sofa 10H			
	Đệm sofa			
	Đệm sofa 80C	1		3.200.000
	+ 1 gối tựa			
2	Giường (16)	1 ^c		
	Gối ốp lưng (16)	1 ^c		
	Gối tựa lưng (14)	1 ^c		
	Đệm sofa 80C	1 ^c		
	Tổng cộng: Table	1 ^c		11.300.000

Tổng cộng

Số tiền

Đưa trước

500.000

Ngày viết

Còn lại

10.800.000

Ngày 11 tháng 7 năm 1997

TRẠNG TRÍ NỘI THẤT
THANH THẢO
30-92 NGÕ 1 TỰ

♦ Hóa Đơn này có giá trị trong vòng 1 tháng ♦ Hàng mua rồi miễn đổi hoặc trả lại

HỌ TÊN NGƯỜI

020628 9 150

YD-m/20-81/

CỬA HÀNG TRẠNG TRÍ NỘI THẤT

Nº 000002

THANH THẢO

BIÊN NHẬN

90 - 92 Ngõ Gia Tự - Quận 10

ĐT : 8350079

Khách hàng : Ông CH

Địa chỉ : Viêng Xương

STT	TÊN HÀNG	Số lượng	Đơn giá	Thành tiền
1	Bộ Sofa 10H			
	đàn			
	bàn ăn 3c	1		3.200.000
	+ k' 5 ly trà			
1	Tủ (16)	1 ^c		
	Gỗ ốp la (16)	1 ^c		
	Gỗ ốp la (14)	1 ^c		8.100.000
	Bàn ăn	1 ^c		
	lưu ý : Table	1 ^c		11.300.000

Phòng :

Ngày nhận : Đưa trước : 500.000

NGUYỄN KIM CHU

019693 9 188

18-07 97 09:03

Trang Trí Nội Thất

TIẾN PHÁT

172 - 174 Ngõ 5/3 Tự, Q. 10

ĐT: 9351498 - 8396858

Fax: 84 8. 8350055

TP. Hồ Chí Minh, ngày 11 tháng 7 năm 1997

Kính gửi:

Albion tím 10 quàng
vải cao cấp, chân 5000g - 444000đ
do gặt AX màu xám
(bảo hành 12 tháng)

Ngày 11.7.97
bà
Tùng

Cs Chai
Kính gửi - Ed. và Vương Tuấn
Cao - 1.000.000

Cách	Đơn vị tính	Số lượng	Đơn giá	Thành tiền
Chai	bộ	01	}	15.500.000
	Chai	01		

15.500.000

gđ

na

Số quấy 4

SỐ : _____

HÓA ĐƠN BÁN LẺ

Họ tên người mua hàng: _____

Đơn vị, cơ quan : _____

[illegible]

Cộng thành tiền (viết bằng chữ): _____

Ngày__**tháng**__**năm 199**__

Người nhận hàng

Đã nhận đủ tiền

Người viết hóa đơn

ĐÃ THU TIỀN

plum
blu²y

ĐỒ GỖ HOÀNG VINH

326 Nguyễn Thị Minh Khai

Tel: 8130420

BIÊN NHẬN

Số:

Nhận:

Ce Chu

Địa chỉ:

Ba Chu - F.1 - Vũng Tàu

Số tiền:

Cox 1.000.000

STT	Hạng & Qu giảm chất	Đơn vị tính	Số lượng	Đơn giá	Thành tiền
01	Đường 1" (gỗ nứa)	bộ	01	}	15.500.000
02	Đường 1" (gỗ Italy)	Cm	01		
					15.500.000

Chức

Chức

Chức

3890 S F 2 20-00 10-00 S

Cộng Hòa Xã Hội Chủ Nghĩa Việt Nam
Độc lập - Tự Do - Hạnh Phúc

Đơn xin mua nhà.

Kính gửi Ban Lãnh Đạo

CTY Cao Su Saigon.

Ông Tên: La - thị - Thu hiện công tác tại
Phòng Kế Toán Thuế CTY Cao Su Saigon.

Kính xin BLD được cho tôi được mua nhà.

0,2	0,1	25.000	N 1420.000	01	Tiền tiền	chính phần	1m6 x 2m x 0,10
0,10	0	75.000	960.000	01			1m6 x 2m x 0,10
0,10	0	75.000	960.000	01			góc nhà 1m6 x 2m x 0,10
1,2	0	65.000	760.000	01			1m9 x 1m95 x 0,10
324	825.000	1.728.000	02	01	Tiền	nhà phần	1m6 x 2m x 0,10

525.000 6.328.000

Đo : cho thuê sử dụng trong gia đình (Vùng Tân)
6.853.000 Kính xin được chấp thuận biết ơn

Được giảm giá (nội bộ) 30.000 năm
chính phần + được giá thuê năm này
bên bán 60% giá bán lẻ của nhà cũ.

ngày 17/7/1995

Kính báo

La

La - thị - Thu

17/7/97

La

ĐƠN VI: 218 Ba Cu

HÓA ĐƠN BÁN LẺ

SỐ:

Họ tên người mua hàng:

Đơn vị cơ quan:

Số TT	TÊN HÀNG VÀ QUY CÁCH PHẨM CHẤT	Đơn vị tính	Số lượng	Giá đơn vị	THÀNH TIỀN
1	88 Fum loc thu	01			300.000 đ
2	mun iou				
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
					300.000 đ

Cộng thành tiền (viết bằng chữ):

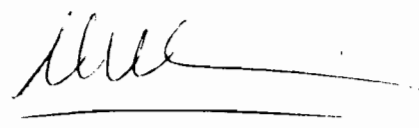
ba trăm ngàn đồng

Ngày 2 tháng 7 năm 1997

Người nhận hàng

Đã nhận đủ tiền

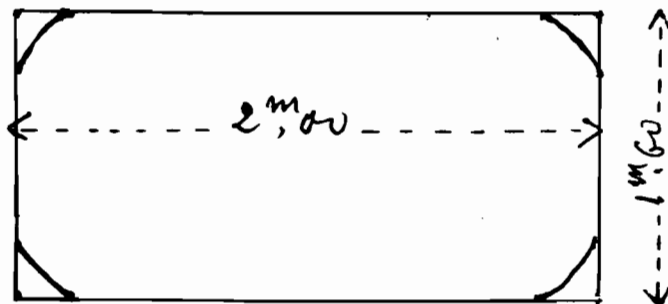
Người viết hóa đơn



1. HAN ĐĂNG LỬU PHÚ NHƯƠN

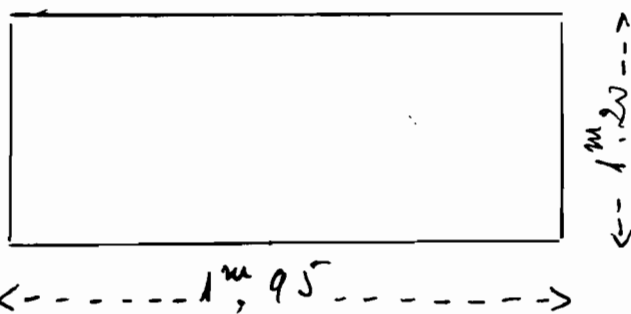
Nệm Tăm - đơn.

01 Tấm nệm mousse $2^m \times 1,6$



(Bốn góc vạt hơi bầu bầu)

01 Tấm nệm mousse : $1^m,95 \times 1^m,2$



Tổng cộng 02 Tấm

11 tủ nhôm $2m \times 1m6$ cao

ong bao (chất tốt)

3 tủ nhôm $2m \times 1m6$ cao 1m
áo thun tốt

tất cả đều loại cứng

Địa chỉ: 143 A Phạm Đăng Lưu
Phủ Nhuận

Điện thoại: 8 445528

Kim-DAN 62/74 đường Phú Lâm
9.6

FROM :
.....
.....

Viên Phát
1.390.000 +



TO :
.....
.....
.....

PAR AVION VIA AIR MAIL

H. V.	14.500.000
B. G.	10.800.000
B. P.	8.700.000
Bien Phat	1.390.000
	<u>35.390.000</u>
se	1.5
	<u>36.890.000</u>
Năm KD	6.853.000
	<u>43.743.000</u>
	7
	<u>35.043.000</u>

34.500

coe

~~2005~~
2005
1/2.252

Chi đoi 40.985.000

đi chi mua
xe cũ - 6.092.000

34.893.000

còn tiền cũ + 88.000

34.981.000

chỉ phải trả 2.000.000

36.981.000

đem xuýt ngày chi ứng tiền

20.7- Mướn phim 5.000

6 tháng ^ở 119.000

xe đi từ ^ở đến nhà cũ 86.000

21-7-97 cho tài xế 50.000 xe hàng

50.000 ^{Hàng} Vĩnh

thêm cái ghế 180.000

22-7-97 còn tiền 2.907.500

mua trái cây 150.000

1 bó Phấn Lộc chợ ^ở 300.000

bếp ^ở 63.000

linh 48.000

Đi Hami

897.500

1 máy cày nhỏ mức
 2 áo dài (đưa chủ làng dăm)
 1 áo ngắn thêu
 4 áo
 1 áo đen có lông
 taxi

150.000
 350.000
 180.000
 150.000
 60.000

Kern B và đồng

61.000

Ấn 2.258.000[#]

30.000[#] dự tiên phim nửa ảnh

23.000

2.311.000

14-7 - Găng Găm

Áo dài Sĩ Hoàng

taxi bỏ nhà, Sĩ Hoàng

500.000

600.000

102.000

còn tiền 1.104.500

890.000 mất tiền

214.500

- 126.500 xe taxi lấy tiền

126.500

còn tiền

- 88.000

11.300

15.500.

10.700

1.440

38.940.000 đ # 3500 USD

(8553971) dt Sr-Ngoe
Trí 2 đư² : tác sẽ cho đư² Ba

Nhớ mua : bán cần nước, đồ luộc rau muống,
thức 6 gói điện - lư² 3 ... ,

Q đư²

865 9312

đo khăn mặt lại, nhớ photocopy máy hơi đư²,
gửi M. Phương, tại Hotel Hanoi, photocopy
liên lại, gửi đư² Phư²

địa chỉ nhà đư² Ba Việt (M. Th²)

373/30 Phạm Ngũ Lão

Q 1. TP HCM

2 bộ đồ xẩm trắng, sort cho bé	250.000
12 ^m khăn vải bông đồ bộ	480.000
1 áo dài đồ đêm	210.000
2 khăn hăng đen	165.000
đi ăn bánh, canh, dưa	72.000
xe taxi	
2 ^h robe de chambre thun: sort (2 chiếc 1 sort) (160 + 175) =	335.000
9 bộ đồ thun	1125.000
2 áo dài Kim tuyến (chữ hử, chữ hăm) đem	225.000 250.000
1 kho mứt, 1 mứt sây	155.000
xe taxi	
13-7 Đồ xẩm	300.000
14-7 - Đưa em Chi mua bánh kẹo cho vợ.	200.000
Tối thăm mẹ	100.000
15-7 Cháu đố Bà Chúa xỏ mũi Chi Kỵ	105.000
... cúng, chùa	50.000
... mứt, nước	
16-7 điếm làm ăn tiểu học vang	
... M. B. này	70.000
17-7 còn 3.632.500 th	
18-7 mua phim chụp ảnh	200.000

3.000.000 / cm đến đến nhà

11-7-97

COC BỊT PHÁT

2.000.000

đặt coc thành thảo salon văn ghi

500.000

" " "Trên phát" bán tủm hình

50.000

xe taxi

220.000

Tôi đi ăn xu food ngoại bằng chỉ dùng

500.000

xe taxi

100.000

12-7

6 Khúc hàng (3m x 40)

720.000

2 bộ áo thun

185.000

2 đôi giày

200.000

xe taxi

138.000

cơm trưa Pluise thành

80.000

xe

125.000

mặt kính lớn đặt coc

500.000

mặt kính nhỏ

106.000

Choi đưa đưa tại nhà chi

4.740.000

đặt coc bộ giường giả italy

1.000.000

xe

145.000

Choi đưa: 8.240.000

6.129.600

mua đi: 6.129.600

2.110.400

Số 8553577
Số 8359570

12A (vở viết quốc hân nhất)
Phục vụ (điền biên thư gửi hàng ngoại)
Khách sạn ESPÉREN số 30 đường Võ Văn
Hơn.

ĐT: 8245923 FAX 8448245924
12" - 523 chữ - 7th chữ

LONG: 8224122
Chiều thứ 3 và 4, Chạy hình ra

Mua năm: 3 tấm (2 tấm 1^m 40
1 — 1^m 60

TIỀN PHÁT
172 Ngõ Gia Tự
ĐT : 8351496

BIÊN NHẬN GIAO HÀNG

Người nhận :

Địa chỉ :

STT	TÊN HÀNG	SỐ LƯỢNG	GHI CHÚ
1	138 Ngõ Gia Tự		
2			
3			
4			
5			
6			
7			
8			
9			

Ngày tháng năm 199.....

XE NHẬN KÝ

NGƯỜI GIAO

* 1 lần 1m quay = 660,00
Mũi cầu.

* Hệ vấp GX 2800\$/kay

150 + 280
+ 660
1440

* 1 lần 1m8 mại
chân trời 500,00
Mũi Liê.

+ 90 x 188 — 650,80
- 100 x 150 — 200,00

chính

16/4

chi trả 1.6 x 20 x 2

1.6 x 2 = 1

1.2

thuế phẩm

1 x 6 x 3 =

6,853.00

8565545

số dt + chi trả
tại xe chính

34 N

4793

xe hàng

62/14 đing Phin Lanh 96

45.913 000
 6.853 000
39.060 000
 15.500 000
 1.560 000
 10.700 000
 11.300 000

2.992 000
 2.872 000
 2.667 000
 2.467 000
 2.167 000
 2.012 000
 1.572 000
 1.177 000

4.590 000
 6.100 000
 11.690 000
 11.690 000

42.363 000
 6.853 000
35.510 000
 14.700 000
 1.700 000
 8.700 000
 10.800 000

2.000.000

1.560 000
 1.560 000
 1.560 000

CHANGE FOR GOOD



CATHAY PACIFIC

Cathay Pacific/ UNICEF Change For Good

Dear Passenger,

Cathay Pacific is running a charity fund-raising programme "Change For Good" together with **UNICEF(United Nations Children's Fund)**, which works to save the lives of children in developing countries around the world. Since the programme started in 1991, over US\$2.1 million has been raised.

You too are probably carrying some foreign change that you cannot use at home but which UNICEF can put to good use. Please help the programme by leaving your donation in this envelope and hand it to our cabin crew before landing.

Thank you for supporting Change For Good.

Cathay Pacific Airways

UNICEF CAN MAKE A LITTLE GO A LONG WAY!

For as little as... .

- 15 cents:** you can provide Oral Rehydration Salts to save a child from the most common threat to life, dehydration.
- 50 cents:** you can provide enough medicine to treat one child with TB for two weeks.
- US\$1.00:** you can provide enough high-dose vitamin "A" capsules to prevent trachoma and eye disease.
- US\$3.85:** you can provide 100 capsules of an antibiotic to treat serious infections.
- US\$15.00:** you can immunize a child against the 6 leading child-killing and maiming diseases.



United Nations Children's Fund

Cathay Pacific / UNICEF Change For Good

各位乘客：

國泰航空公司現正與聯合國兒童基金會推行“零錢佈施”慈善籌款計劃，救助發展中國家的兒童。計劃自一九九一年開始，至今已籌得港幣一千六百萬元。

您身上亦可能有一些用剩的外幣，回家後是用不着的，但聯合國兒童基金會可以利用這些對您來說微不足道的金錢來幫助困境中的兒童。請支持這項籌款活動，將捐款放進信封內，在航機降落前交給機艙服務員。

我們衷心感謝您的慷慨支持。

國泰航空公司

平素よりキャセイパシフィック航空をご利用いただき誠にありがとうございます。
ただ今、キャセイパシフィックではユニセフと共同で世界中の開発途上国の子供達の為にチャリティー募金(CHANGE FOR GOOD)を行っており、1991年に開始して以来、12,910万円を寄付してきました。
もしお使いにならない外国のコインをお持ちでしたら、是非この封筒にお入れ頂き、乗務員にお渡しください。
皆様の暖かい御支援と、このチャリティー募金への御協力を感謝いたします。

Cathay Pacific Airways

unicef 
United Nations Children's Fund

ECONOMY CLASS



CATHAY PACIFIC

The Stage of a Hundred Tastes

In Asia, the preparation of food is an art form. The skillful hands of master chefs blend a wealth of ingredients to create dishes that are a feast for the eyes and an experience for the senses.

Cathay Pacific, The Heart of Asia, follows the culinary philosophy of Asia where cooking is the art of great performance. In presenting our 'Stage of a Hundred Tastes', we are offering you a delicious selection of the very best in authentic Asian cuisine.

David Chan, a well-known Hong Kong artist, captures the essence of culinary art in a selection of harmonious images from his calligraphy collection 'The Stage of a Hundred Tastes'.

亞洲脈搏亞洲心 百味舞台百味真

味覺享受在亞洲，是藝術的昇華。無論是尋覓新鮮奇美的材料、鑽研調味技巧、鍛煉精湛廚藝... 樣樣講究，務求烹調出來的菜式，色、香、味皆臻完美。

國泰航空公司，憑一顆亞洲心，將美食的熱愛，視為表演藝術與視覺藝術，為您獻上多款百味紛陳的亞洲地道佳餚，讓這空中的「百味舞台」，伴您愉快啓航。

「百味舞台」是著名藝術家陳子慧的心血結晶，首創以烹調之味與人生之味融為一體，在其書法作品中，讓您遍嚐人間美味，人生百味。

Cover: Mala Pungent, hot and spicy, for those who relish living with gusto.



封面：麻辣 辣之最，在其麻；舌頭發麻，頭皮發麻，乃辣之極限。

Đơn vị:
Địa chỉ:
Số đăng ký DN (môn bài):
Điện thoại:

HÓA ĐƠN KIỂM PHIẾU XUẤT KHO

Ngày 12 tháng 7 năm 1997

(Liên 2: Giao cho khách hàng)

Khách Minh Thở

Mẫu số: 02B - XK 3LE
Ban hành theo QĐ số: 1141
TC/QĐ/CĐKT ngày 1 tháng
11 năm 1995 của Bộ Tài chính

Quyển số
KP/96-N 0426

- Họ tên người mua:
- Địa chỉ:
- Xuất tại kho:
- Địa chỉ giao hàng:
- Hình thức thanh toán:
- Số hiệu tài khoản:

Nº 021291

Nợ:
Có:

Số TT	Tên, quy cách sản phẩm (hàng hóa)	Mã số	Đơn vị tính	Số lượng	Đơn giá	Thành tiền
A	B	C	D	1	2	3
	22 +	225	- 075	x 080	22 64/	
	OG +	175			61	
	ADD	250				
	KL (1205.52)		DF / DP / Plastic GC	1 T		
	BG + NỈ NOVA					
	TS = 1.170.000					
	DT = 500.000					
	CL = 670.000					
	220.000					
	Con lai: 890.000					
						1.170.00

ĐƠN HÀNG

Hết 16h 14/7

1.170.00

BỘ TÀI CHÍNH
PHÁT HÀNH

Tổng số nên (viết bằng chữ)

Một triệu một bảy nghìn

- Trong đó thuế:
- Thời gian và địa điểm bảo hành:
- Ghi chú:

Người mua
(Ký, họ tên)

Người viết hóa đơn
(Ký, họ tên)

Thủ kho
(Ký, họ tên)

Kế toán trưởng
(Ký, họ tên)

Thủ trưởng đơn vị
(Ký, họ tên, đóng dấu)

XI NGHIỆP MẮT KÍNH
CỬA HÀNG
86, Cách Mạng Tháng 8