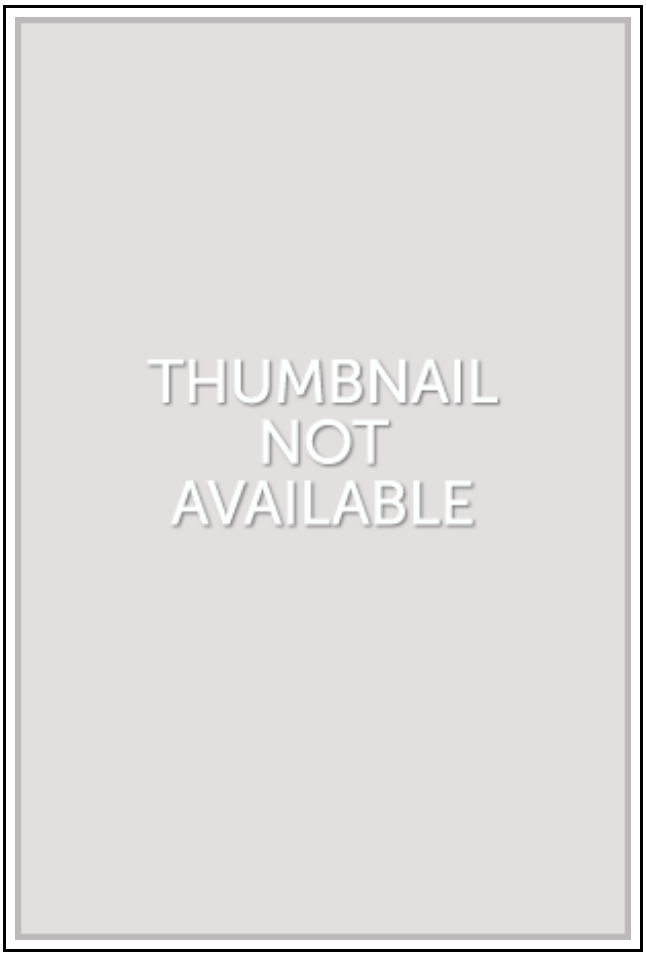
Travel Health Guide: Everything You Need to Know Before You Leave, While You're Away, After You're Back



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Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, Travel Health Guide: Everything You Need to Know Before You Leave, While You're Away, After You're Back, Mark Wise, "Regardless of why a person is travelling abroad, having up-to-date health information before departing and readily available along the way is critical. Travel Health Guide is an easy-to-use, no-nonsense book written in everyday language by a physician who specializes in travel medicine. This book is essential for new travellers as well as seasoned globetrotters and includes all the latest vital medical information. The guide begins by helping travellers get ready, with pointers on firstaid kits and pre-travel inoculations. There is a large section on the most frequently encountered infectious diseases and medical concerns, such as malaria, traveler's diarrhea and altitude sickness. The traveller will find at-a-glance answers to: - What is it? - What are the symptoms? - How do you get it? - Where do you get it? - How do you prevent it? - What do to if you get it? There is also an encyclopedic directory with important information on other diseases, conditions and health issues that a traveller may encounter around the world. Along with maps showing the prevalence of infections throughout the world are numerous charts, including those on vaccines and antimalaria treatments. The guide concludes with a section for returning travellers. Written for lay readers, Travel Health Guide is comprehensive but also concise, so travellers can easily consult it before they leave, while they're away and after they return home.

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