



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

*Mark Wise*

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**A clear, concise and comprehensive guide to staying healthy while abroad.**

Regardless of why a person is traveling 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 travelers as well as seasoned globetrotters and includes all the latest vital medical information.

The guide begins by helping travelers get ready, with pointers on first-aid 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 traveler 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 to do if you get it?

There is also an encyclopedic directory with important information on other diseases, conditions and health issues that a traveler may encounter around the world.

Along with maps showing the prevalence of infections throughout the world are numerous charts, including those on vaccines and anti-malaria treatments. The guide concludes with a section for returning travelers.

Written for lay readers, *Travel Health Guide* is comprehensive but also concise, so travelers can easily consult it before they leave, while they're away and after they return home.

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