

# The Traveller's GOOD HEALTH GUIDE

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The essential health guide for backpackers, travellers, volunteers and overseas workers. This book contains clear, concise information on all you need to know to stay healthy abroad.

- Before you go – comprehensive information about preparation and immunizations.
- While you're abroad – essential precautions for food, water and other possible threats to health.
- When you return – health checks and how to cope with reverse culture shock.
- Important diseases – advice about how to recognize and what to do about common health problems.

Fully updated to include the latest information and advice, this guide is essential for reading, reference and reassurance.

This book is published in association with InterHealth, an international travel health centre which specializes in the care of aid workers and volunteers. It was originally published under the title *Good Health, Good Travel*.

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£7.99

ISBN 0-85969-885-8



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# Travellers Health Guide

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## **Travellers Health Guide:**

**Travellers' Health** Richard Dawood,2012-09-26 Our ability to travel to the remotest parts of the world has been transformed but the health risks are ever changing and increasing and there may be no one to help when things go wrong Whether you are travelling abroad for business or pleasure this book provides essential detailed practical advice for journeys all over the world This fifth edition is a complete revision of a best selling comprehensive and trusted guide Travellers need to be increasingly well informed about health problems they may encounter abroad Malaria prevention the latest vaccine information and advice cruise ship travel jet lag skiing and accidents and injuries abroad this book covers every important issue in travel medicine with the emphasis firmly on self help and prevention This new edition brings together state of the art background information and specialist advice from more than 70 leading experts from several countries now in a more compact format It is also available in an electronic edition Travellers Health is the standard source for the well prepared traveller *Manual of Travel Medicine* Joseph Torresi,Sarah McGuinness,Karin Leder,Daniel O'Brien,Tilman Ruff,Mike Starr,Katherine Gibney,2019-10-18 The fourth edition of this well received book provides an authoritative and up to date resource to support good practice in travel medicine a field that has evolved substantially in recent years Concretely there has been intensified monitoring of health problems among travelers as well as extensive research efforts which have led to the development of evidence based approaches to the field The book includes expert recommendations regarding e g immunizations malaria prophylaxis travelers diarrhea altitude sickness emerging infections and non infectious health issues encountered by travelers It provides a practical approach to the pre travel consultation and management of most issues that arise in medical care for travelers In addition it provides expert advice for high risk travelers e g those with immunosuppression the elderly pregnant women and young children The text offers a user friendly practical handbook for healthcare practitioners during their clinical consultations as well as nurses and pharmacists **International Travel Health Guide** Stuart R. Rose,2001 *Manual of Travel Medicine* Allen Yung,Karin Leder,Joseph Torresi,Tilman Ruff,Daniel O'Brien,Mike Starr,Jim Black,2011-04-03 In this third edition of *Manual of Travel Medicine* Australasian healthcare professionals will continue to find the information and advice they need to care for travellers The Manual is structured as follows principles of pre travel healthcare immunisation prevention and management of malaria prevention and management of travellers diarrhoea specific infectious and non infectious conditions travellers with specific needs and health issues in returned travellers Recommendations for common travel destinations and immunisation and malaria recommendations by country are summarised For this edition all original chapters have been reviewed and updated a chapter Health issues in returned travellers which focuses on the more common and important illnesses and their presentations has been added information about and recommendations for the use of new vaccines has been added 15 of the 21 infection distribution maps are now printed in full colour and Mike Starr and Jim Black have joined the author team For doctors nurses and pharmacists

this third edition of the Manual will continue to prove a practical user friendly and authoritative desk top reference *The Rough Guide to the Maya World* Peter Eltringham, John Fisher, Iain Stewart, 2001 Incisive historical and cultural essays illuminate lost Mayan civilizations and their modern descendants while lively reviews point out the best places to eat drink and stay in northern Mexico and the Yucatán Peninsula Guatemala Belize Honduras and El Salvador 57 maps of color photos

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