



Travellers' Health: How to Stay Healthy Abroad

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This standard source of health information is designed for travellers who wish to make informed decisions about their own health abroad. The text explains how hazards may arise not only from diseases encountered, but also from other factors such as an unsafe water supply, inadequate hygiene and sanitation controls, adverse climates and high altitude sickness. The text explains how to deal with these problems when they occur. This third edition has been revised and expanded to include new information on AIDS, blood transfusions abroad, personal security and safety, Lyme disease, business travel, jet lag and travel for the disabled.

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