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Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks)

Dirk G. Schroeder

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Dirk G. Schroeder : Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks):

A compact handbook of medical information for travellers. The prevention of illness section of this guide includes required and recommended immunizations, health supplies to pack and eating and drinking safely. The guidelines in case of illness section includes common health problems, infections, diseases, first aid and organizations that help travellers. It is written by a former public health worker who has operated in developing nations and is therefore aware of the illnesses, injuries and consequences of regions with underdeveloped health systems.