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Nota di contenuto	Cover; Contents; List of contributors; About using this book; 1 Staying healthy abroad; 1.1 Introduction: Staying healthy abroad; 2 Food, drink, and hygiene-related diseases; 2.1 Diarrhoea and intestinal infections; 2.2 Parasites from infected food and drink; 2.3 Poliomyelitis; 2.4 Viral hepatitis; 2.5 Poisons and contaminants in food; 3 Water-related diseases; 3.1 Safe water; 3.2 Water purification devices; 3.3 Recreational water and beaches; 3.4 Algal blooms; 4 Diseases of 'contact'; 4.1 Tuberculosis; 4.2 Tetanus; 4.3 Diphtheria; 4.4 Schistosomiasis (bilharzia); 4.5 Meningococcal disease 4.6 Legionnaires' disease 4.7 Worm infections from soil contact; 4.8 Leprosy; 4.9 Anthrax; 4.10 Viral haemorrhagic fevers; 4.11 Leptospirosis; 4.12 Influenza A and B; 5 Diseases spread by insects; 5.1 Malaria; 5.2 Arbovirus: dengue, Japanese encephalitis, yellow fever, and others; 5.3 Filarial infections; 5.4 Lyme disease; 5.5 Leishmaniasis; 5.6 Sleeping sickness (African trypanosomiasis); 5.7 Chagas disease (South American trypanosomiasis); 5.8 Plague; 5.9 Typhus: the rickettsial infections; 5.10 Myiasis (maggot infestation); 5.11 Fleas, lice, bugs, scabies, and other creatures

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Appendix 3: Some hints on eating abroad under extreme conditions of bad hygiene

Sommario/riassunto

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. Travelers need to be increasingly well informed about health problems they may encounter abroad. Malaria prevention, the latest vaccine information and advice, cruise
