

《Healthy Travel - Asia & India 2 (ISBN=9781740591447) 》

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Warning: this book may put you off travelling forever. It seems everywhere you go there's risk of terrible debilitating illness. There's dengue fever, malaria and Japanese B encephalitis carried by mosquitoes. Hepatitis, dysentery, cholera, typhoid, internal parasites and polio spread by food and water. Not to mention the likelihood of sandfly fever, hookworms that bury in your feet, parasites which lay eggs under your skin and even the Black Plague, which really does still exist in some parts of Asia (spread by fleas). The well-designed symptom charts may induce severe hypochondria--and the squeamish may want to skip more lurid de* ions and the diagnosis charts for varieties of diarrhoea.

内容简介

Getting the most out of your travels means staying healthy. *Healthy Travel Asia & India* is a user-friendly guide to minimising health risks and dealing with problems while on the road.

The second edition covers Southeast Asia, North Asia and the Indian Subcontinent and includes a listing of the best hospitals and medical centres in the region as well as a glossary of medical terms to aid communication with medical practitioners.

Also included is a comprehensive first-aid section; clear advice on treating common travel illnesses; a guide to traditional Asian medicine; safety tips for outdoor action, including diving and high-altitude trekking; and tailored advice for travellers of all ages and needs.

作者简介

LONELY PLANET aims to cater for every independent traveller, whatever the destination, whatever the style of travel and whatever the phase of the journey.

媒体评论

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