



Healthy Travel: Don't Travel Without It!

Michael P Zimring, Lisa Iannucci

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Nothing can ruin a trip like an illness, an accident, or a medical emergency. But many of these situations are preventable - or at least, more manageable - with knowledge and planning. Healthy Travel is a concise, well-organised handbook for all travellers. According to the authors., smart travellers are those who do their health homework ahead of time. When you travel, do you take along a comprehensive list of medical, emergency, and contact information in your carry-on, pocketbook, or briefcase? You should and with Healthy Travel, you will.

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