



The Germ Survival Guide

Kenneth Bock, Steven Bock, Nancy Faass

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The ultimate guide to protection from everyday germs

From public toilets to pay phones, handshakes to hugs, burger joints to five-star restaurants, the possibility of germ-borne sickness lurks in every part of our world. More than ever, readers need professional guidance on how to protect themselves and their loved ones from infection. *The Germ Survival Guide*:

- Describes 80 common locales in which germ-borne diseases pose a threat
- Offers simple preventive measures, from removing hotel bedspreads to draining backyard birdbaths
- Tells readers how to recognize symptoms and get treatment
- Introduces readers to more than 100 types of bacteria, molds, and parasites
- Combines conventional medical techniques and natural measures to give readers a complete and effective health plan

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