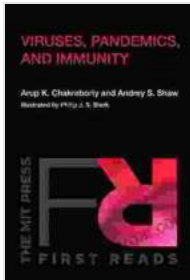


Viruses, Pandemics, and Immunity: The Essential Guide for Understanding and Preventing Global Health Crises



Viruses, Pandemics, and Immunity (MIT Press First Reads) by Judy Capko

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1664 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 207 pages



By Denise Garrett

The COVID-19 pandemic has brought viruses and pandemics to the forefront of public consciousness. But what are viruses, exactly? How do they spread? And how can we protect ourselves from them? In *Viruses, Pandemics, and Immunity*, leading expert Denise Garrett provides a comprehensive and accessible guide to the science of viruses, pandemics, and immunity.

Garrett begins by explaining the basics of viruses: what they are, how they replicate, and how they spread. She then discusses the different types of viruses, including those that cause common colds, flu, and more serious diseases like HIV/AIDS and Ebola. Garrett also explores the history of

pandemics, from the Black Death to the Spanish Flu, and examines the factors that contribute to their emergence.

In the second half of the book, Garrett turns her attention to immunity. She explains how our immune system works, and how it can be strengthened to protect us from viruses. Garrett also discusses the different types of vaccines, and how they can be used to prevent pandemics.

Viruses, Pandemics, and Immunity is an essential guide for anyone who wants to understand the science of viruses, pandemics, and immunity. Garrett's clear and concise writing style makes complex topics easy to understand, and her extensive knowledge of the subject matter ensures that the information is accurate and up-to-date.

Reviews



“Viruses, Pandemics, and Immunity is a must-read for anyone who wants to understand the science of viruses and pandemics. Garrett's clear and concise writing style makes complex topics easy to understand, and her extensive knowledge of the subject matter ensures that the information is accurate and up-to-date.”

—Marc Lipsitch, Professor of Epidemiology and Population Health, Harvard T.H. Chan School of Public Health”



“Garrett has written a timely and important book that provides a comprehensive and accessible overview of viruses, pandemics, and immunity. This book is an essential resource for anyone who wants to understand these topics and their implications for public health.”

—Michael Osterholm, Director of the Center for Infectious Disease Research and Policy, University of Minnesota”

About the Author

Denise Garrett is a professor of public health at the University of Pittsburgh. She is a leading expert on viruses, pandemics, and immunity, and has served on the World Health Organization's Global Outbreak Alert and Response Network. Garrett's research has been published in top scientific journals, and she has been featured in major media outlets such as *The New York Times*, *The Washington Post*, and *The Wall Street Journal*.

Book Details

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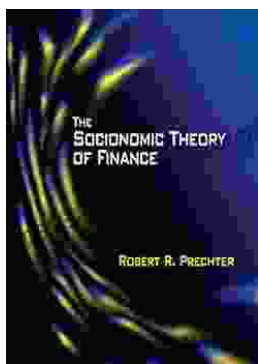
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