

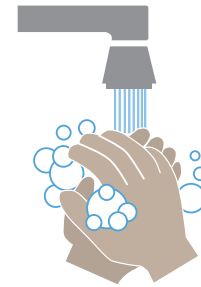
You can prevent Traveller's Diarrhea



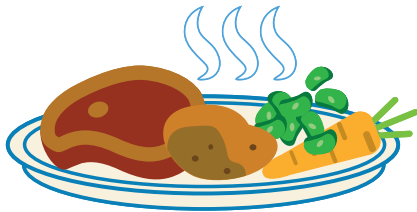
How to prevent food and water illnesses

Wash your hands with soap and water thoroughly and often:

- Before eating
- Before touching your face, mouth, or eyes
- After using the toilet
- After touching doorknobs, handrails, or money



Only eat:

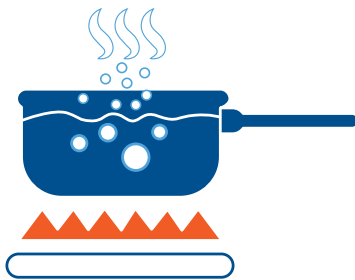


Well-cooked foods that are steaming hot



Fruits that you can peel yourself

Only drink:



Boiled water



Bottled water from high-quality brands

What makes you sick?

- The main causes of Traveller's Diarrhea and food poisoning are unsafe food and water.
- Food and water illnesses are caused by bacteria, viruses, protozoa, and toxins.
- Hepatitis A and Typhoid Fever can be passed through food or drinks prepared by people who have not washed their hands.

DO

- ✓ Wash your hands thoroughly and often with soap and water or use an alcohol-based hand sanitizer, especially before eating or handling food.
- ✓ Eat well-cooked foods while they are hot. Choose thick-skinned fruit that you can peel yourself, such as oranges and bananas.
- ✓ Remember: **Boil it, cook it, peel it or forget it!**
- ✓ If you eat street food, choose vendors who serve freshly cooked hot food, wash their hands often, separate raw and cooked ingredients, and keep their cooking area clean.
- ✓ Bring tap water to a rolling boil before drinking it.
- ✓ Hot beverages like tea and coffee are usually safe to drink.
- ✓ If you choose to drink bottled water, make sure that the cap is properly sealed.
- ✓ Carbonated drinks are generally safe.
- ✓ Before you go, talk to your doctor about how to treat Traveller's Diarrhea.

Stay hydrated

Drink fluids like treated water or soup to prevent dehydration – especially if you are vomiting or have diarrhea.

Packets of powdered oral rehydration solution (ORS) can also help you prevent dehydration from diarrhea. Mix the powder with boiled or bottled water according to the directions on the label.

You can buy ORS at your local pharmacy.

DON'T

- Don't eat food that has been sitting out for a long time, such as buffets. Put leftover food in the refrigerator.
- Don't use ice cubes in drinks and smoothies. Ice cubes are often made from unsafe tap water.
- Don't eat or drink unpasteurized dairy products, including milk, ice cream, yogurt, and cheese.
- Don't eat raw seafood or large fish. Large fish such as sea bass and red snapper may contain toxins that can cause seafood poisoning.
- Don't eat at restaurants or street stalls that look dirty.
- Don't eat raw vegetables and salads as they may have been washed with unsafe water.

Reviewed by the South Riverdale Community Health Centre Plain Language Group.

With thanks to:

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