

FOOD SAFETY ABROAD

Staying healthy during international travel

HEADING

→ HOME

HEALTHY

WHAT SHOULD I EAT?

DO

- Eat food that is fully cooked and served hot
- Drink beverages that are bottled and fully sealed
- Wash hands frequently with soap or use an alcohol-based sanitizer

DO NOT

- Eat raw meat, raw produce, raw seafood or raw eggs
- Eat or drink unpasteurized milk or milk products
- Eat food from street vendors
- Drink tap water or beverages from unbottled sources (avoid ice!)

WHAT IF I HAVE DIARRHEA?

Travelers' diarrhea is a common condition caused by the consumption of contaminated food or water. Travelers' diarrhea is often characterized by loose stools, cramps, nausea, vomiting, and/or fever. While unpleasant, most cases subside within a few days.

DO

- Drink plenty of clean water
- Use electrolyte solutions or over-the-counter medications
- Consult with a health care provider if symptoms persist for more than a few days, diarrhea is bloody, or a fever is present

DO NOT

- Immediately take antibiotics – antibiotics have negative side effects and should be reserved for severe cases with fever or blood in the stool
- Spread travelers' diarrhea – avoid preparing food for others and wash hands often

For additional resources, visit www.headinghomehealthy.org