

FOOD SAFETY ABROAD

WHAT SHOULD I EAT AND DRINK?

DO	DO NOT
<ul style="list-style-type: none"> ✓ Eat food that is fully cooked and served hot. ✓ Drink beverages that are bottled and factory-sealed. ✓ Wash hands frequently with soap and water or use an alcohol-based sanitizer. 	<ul style="list-style-type: none"> ✗ Eat raw meat, uncooked 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 illness caused by eating or drinking contaminated food or water. Symptoms of travelers' diarrhea often include loose or watery stools, cramps, nausea, vomiting, and/or fever. While unpleasant, most cases resolve within a few days.

- ✓ Drink lots of fluids including clean water and electrolyte solutions to stay hydrated.
- ✓ Take over-the-counter medications to treat symptoms of diarrhea first.
- ✓ If you have diarrhea with blood or fever, take your anti-diarrheal antibiotic *exactly* as prescribed.
- ✓ Consult with a health care provider if symptoms last for more than a few days, diarrhea is bloody, or you have a fever.
- ✓ Wash your hands with soap and water or hand sanitizer often, especially after using the bathroom, to avoid spreading infection to others.