

# Traveller Information Sheets



## Eating and Drinking Safely Information.

By eating and drinking safely, travellers can avoid serious disease like Traveller's Diarrhoea, Cholera, Typhoid and Hepatitis A.

The following are the simple guidelines:

- Always wash your hands thoroughly after using the toilet and before eating.
- Brush your teeth with bottled water. Keep your mouth closed in the shower. Men who would usually shave their beards in the shower are advised to shave using the basin, to limit the amount of water ingested.
- Drink bottled water, canned drinks like coke or hot drinks like tea and coffee. Be sceptical of unsealed containers, as they may have been re-filled with contaminated water.
- Refuse ice in drinks as it may have been made from contaminated water.
- Eat dry foods such as breads, tortillas, crackers, biscuits, and other baked goods.
- Eat fruits, nuts, hard boiled eggs and vegetables with thick skins, peels, or shells that you remove yourself. Do not eat fruit that has been peeled or cut by others.
- Eat canned foods.
- Avoid salads, and uncooked vegetables as they may have been washed in contaminated water.
- Food should be cooked thoroughly and eaten hot. Avoid foods that have been pre-cooked and re-heated, as well as cold meat, raw seafood and shellfish, such as oysters, prawns and lobster. Never eat uncooked seafood.
- Milk and other dairy products should be avoided unless you can be sure they have been pasteurised and stored properly.
- Water can be made safe by either boiling for at least 10 minutes or using 2% iodine drops to sterilise for 30 minutes.
- Beer and wine are ok in moderation.

### References

Shoreland Inc, n.d. *Food and Beverage Precautions*, Milwaukee, WI 53213-0795, viewed 7<sup>th</sup> April 2014, <<https://www.travax.com/scripts/main/topframeset.asp?DocID=medical>>

Centres for Disease Control and Prevention, 2013, Atlanta GA, viewed 7<sup>th</sup> April 2014, <<http://wwwnc.cdc.gov/travel/page/food-water-safety>>

