

# Food and Water Precautions

Enjoying food and drink from different parts of the world is one of the most exciting aspects of travelling. Unfortunately, gastrointestinal infections from improperly prepared or unsanitary food is the most common illness amongst travellers leaving them travelling to the bathroom instead of enjoying their trip. Even if travellers are selective of their food choices, what is served may have been contaminated in the process of storage, preparation or handling.

## Food Recommendations

- Boil it, cook it, peel it, or leave it!
- Raw food is a common source of contamination.
  - Undercooked and raw meat, fish and shellfish can carry various intestinal pathogens and should be avoided.
  - Avoid salads, uncooked vegetables, and unpasteurized milk and milk products, such as cheese.
  - Cooked food that has been allowed to stand for several hours (such as at buffets) can become contaminated and harbour bacteria. Be sure to thoroughly reheat before serving.
- Washed and peeled fruit is acceptable. Avoid fruit that you do not normally peel, such as grapes and berries.
- Food and beverages from street vendors is associated with a higher risk of illness.
- Use alcohol-based hand cleaners (with  $\geq 60\%$  alcohol) before eating.

## Beverage Recommendations

Safest choice	carbonated soft drinks carbonated water boiled water purified water (iodine or chlorine)
Probably safe	fresh citrus juices bottled water packaged or machine-made ice
Unsafe	tap water chipped ice unpasteurized milk fountain drinks

## Hygiene

- Brush your teeth with purified or bottled water
- Water may look clean but could still be polluted or contaminated. You can get sick if you inhale or swallow it while bathing, showering or swimming. Try to avoid getting water into your mouth or nose when swimming or participating in activities in freshwater (streams, canals, lakes) or water in pools or hot tubs, which may not be adequately treated.