



Tips for Food and Water Safety

Contaminated food and water can cause travelers' diarrhea and other diseases. Travelers visiting developing countries are at high risk for experiencing stomach upset due to severe diarrhea. Below are some tips to help you avoid getting sick while you are away.

Eat and Drink:

- Drink bottled water, or carbonated drinks that are sealed
- Ice made from bottled or treated water
- Hot coffee or tea
- Eat food that is well cooked and hot
- Pasteurized dairy products
- Eat fruits and vegetables that have been washed in clean water or peeled
- Hard cooked eggs

Avoid:

- Tap or well water
- Ice made with tap or well water
- Food served at room temperature
- Salads
- Unwashed or unpeeled raw fruits and vegetables
- Unpasteurized dairy products
- Raw or rare meat or fish
- Mixed drinks made from tap or well water (reconstituted juice)
- Food from street vendors
- Soft cooked eggs
- Condiments made with fresh ingredients or sauces that may not have been refrigerated
- Melons that may have been injected with local water to increase weight
- Meat such as monkeys, bats or wild game
- Food at buffets that has not been stored properly

Contaminated water can also make you sick if inhaled or swallowed while bathing, showering or swimming. Close your mouth while you shower and avoid water entering your nose or mouth. Where tap water is unsafe, it is recommended that you brush your teeth with bottled water.