



PRECAUTIONS WITH WATER AND FOOD

Many infectious diseases are transmitted through contaminated food and water, so always follow this advice when travelling to areas with an inadequate water supply and treatment infrastructure.

DRINKS:

- Only drink bottled or treated drinking water (boiled, chlorinated or treated with water purification tablets). Avoid consuming ice made from non-drinking water.
- Be very careful with fresh juices that may have been mixed with water.
- If drinking water has not been purified, it is only safe to consume:
 - Coffee or tea brewed with boiling water
 - Bottled drinks with the airtight seal intact.

FOOD:

Avoid:

- Raw salads and vegetables and fruits peeled by others or with damaged peel.
- Unpasteurised milk and dairy products. Be wary of ice cream unless you know where it came from.
- Undercooked or raw eggs, meats, fish and seafood. Be wary of sauces.
- Food cooked but kept for hours at room temperature.
- Food from street stalls.
- In some countries, there are fish species that can be harmful even when cooked. Ask for local advice.

PERSONAL HYGIENE:

- Wash your hands with soap and water or use 60% alcohol hand sanitiser gel
 - frequently throughout the day.
 - Before and after handling raw food.
 - After contact with potentially contaminated material (such as food, water purification microfilters, faeces, nappies).
- For oral and dental hygiene, use bottled or purified water.

GENERAL HYGIENE:

- Scrupulously clean, with plenty of soap and water, all drink containers, dishes and cutlery (and try to keep them for your own exclusive use).
- Allow cans and bottles to dry before opening.
- Clean any surfaces that could come into direct contact with your mouth.
- Avoid drinking from containers you're unsure about; they could contaminate the drink.
- Keep food and any objects that come into contact with it out of reach of flies.

In short:

BOIL IT, COOK IT, PEEL IT,... AND IF NOT, FORGET IT

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