

### **RISKS FROM FOOD/WATER – TRAVELING ABROAD TIPS**

PURIFY THE WATER THAT YOU DRINK INCLUDING ICE CUBES

A. Recommendations:

1. Beverages made from boiled water and those that are canned, bottled, or carbonated are safe.
2. Use disposable cups or straws (wrapped individually).
3. Wipe outside of container before drinking.
4. Ice should be made from purified water. Mixed drinks also.
5. Containers holding water should be thoroughly cleaned with soap and hot water.
6. First class hotels are no guarantee of adequate water purification.
7. Brush teeth with bottled water. Don't lay toothbrush on countertops, protect it with a cover.
8. Don't open mouth in shower or when washing face.
9. Wash hands frequently with anti-bacterial waterless wash, if water not available.
10. Filtration alone is not recommended, but removal of particulate matter will enhance the efficacy of chlorine and iodine. You can use a coffee filter or clean cloth.

B. Water Purification:

1. Boil water – bring to a boil for one minute and allow to cool to room temperature. Adding a pinch of salt to each quart or pouring from one container to another several times will improve taste. An immersion coil can be used for a quick fix.
2. Chemical disinfecting (per quart for 30 minutes). Frequent shaking during treatment is recommended.

Clear <u>(room temp.)</u>	cloudy water or <u>Cold clear water (let stand 2 hours)</u>
2% tincture iodine	5 drops

There are also tablets available from sporting goods stores and pharmacies available for disinfection.

**COOK FOOD WELL**

Food spoils rapidly in a tropical climate, especially meat, poultry and dairy products. With the high humidity and temperature of the tropics, foods become an excellent culture media for bacterial growth. Therefore, even light contamination can lead to dangerous bacterial levels within a few hours. All raw food is subject to contamination.

AVOID:	DO:
<ul style="list-style-type: none"><li>• Using leftovers or reheated food.</li><li>• Blown tins or “swells” with canned food</li> <li>• All raw food especially shellfish, meat and fish</li><li>• Unpasteurized milk and milk products, i.e. cheese, local ice cream (canned milk O.K.)</li><li>• Food from street vendors or roadside food stalls—can't be sure if stored or cooked appropriately</li><li>• Letting heated food stand and cool before serving</li><li>• Cold meats in restaurants, mayonnaise, creamy desserts</li><li>• Salads, uncooked vegetables, strawberries, raspberries, grapes</li><li>• Large fish, especially from reef areas (many contain toxins that are not removed with cooking)</li><li>• Buffet foods unless known to be safe</li><li>• Moist grains (i.e., rice) that have sat out</li><li>• Peel all fruit – the thicker the skin, the safer the fruit. Remember to wash your hands after peeling to avoid putting contaminants on the fruit you will eat.</li></ul>	<ul style="list-style-type: none"><li>• Cook all food well and serve steaming hot (especially meat and seafood) If a meal includes a base (i.e. rice, pasta) be sure it is served hot also.</li><li>• Wash or soak fruit and vegetables before eating The use of “night soil” (human excrement) for fertilizer, the custom of “freshening-up” vegetables with impure water, and contamination by food handlers make fruit and vegetables a special risk for transmission of infectious agents. Therefore, eat only fruit and vegetables, which you peel and wash yourself. Cook and bake those that cannot be treated in this way.</li><li>• Breads, tortillas, baked goods especially hot from the oven</li><li>• Canned goods</li><li>• Always wash your hands before eating and handling food and after using the toilet</li></ul>



