

Food and Water, Care in the Sun and Accidents

FOOD AND WATER PRECAUTIONS:

Diarrhoea is the most common health problem that travellers face while abroad. Vaccine preventable diseases spread through contaminated food and water include Hepatitis A, Typhoid, polio and cholera.

Water:

- Boil water or use bottled water (ideally fizzy and check seal intact)
- Chemical disinfectants may be used; remember water may need filtering. Seek advice on how to use these products
- Clean teeth with boiled, bottled or treated water
- Avoid swallowing water in the shower.
- Hot drinks, bottled and canned drinks are generally safe. Avoid ice in drinks

Food:

- Eat freshly cooked hot (in temperature), food
- Peel fruit and vegetables and wash in bottled or treated water
- Wash hands before eating or handling foods
- Avoid reheated or food left standing
- Food bought from street vendors can be risky
- High risk foods include: shellfish, salads, mayonnaise and other dishes containing uncooked egg. Also unpasteurised products such as milk and ice cream.

COOK IT, PEEL IT OR LEAVE IT

Tips for treating Travellers' Diarrhoea:

- Drink plenty of safe fluids (avoid alcohol)
- Use oral rehydration sachets
- Take anti-diarrhoeal medication (for control of symptoms if necessary)
- See a doctor if diarrhoea is bloody, persistent or associated with fever.

CARE IN THE SUN: Remember to **Slip, Slop, Slap**:

- **Slip** on the sun glasses
- **Slop** on the sun cream
- **Slap** on the hat.

- Increase sun exposure slowly (no more than 20 minutes at a time)
- Avoid the midday sun (usually between 11am to 3pm)
- Use good quality sun creams with a SP factor of 15 or higher
- Use protective clothing, including hats and sunglasses
- Take special care with babies and children – babies under 9 months should be kept out of direct sunlight
- Avoid dehydration. Drink plenty of non alcoholic drinks.

ACCIDENTS:

Swimming and traffic accidents are amongst the leading causes of death in travellers.

Always:

- Take care: remember that excess alcohol can lead to accidents
- Be prepared: ensure you have comprehensive travel insurance.

Some helpful hints to reduce the risk of accidents:

Transport:

- Avoid drink driving
- Avoid travel at night
- Avoid motorbikes and scooters
- Wear seat belts and check tyre and brake condition of vehicle
- Know local road signs and travel laws.

Swimming:

- Select safe swimming areas and **never** dive into water of unknown depth
- Never swim unaccompanied in deserted areas – you may get into difficulty
- Consider protective footwear especially where sea urchins or coral are present.

Up to date safety and security advice for your chosen destination(s) can be found at:

www.fco.gov.uk