

Food and Water, Care in the Sun and Accidents

FOOD AND WATER PRECAUTIONS:

Diarrhoea is usually the most common health problem that travellers face while abroad. Vaccine preventable diseases spread through contaminated food and water include: Hepatitis A, Typhoid, Rotavirus, Polio and Cholera.

Water:

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

Food:

- Wash hands before eating or handling foods
- Eat freshly cooked hot (in temperature), food
- Peel fruit and vegetables and wash in bottled or treated water
- Avoid reheated or food that has been 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, cheese and ice cream.

BOIL IT, COOK IT, PEEL IT OR LEAVE IT

Tips for treating Travellers' Diarrhoea:

- Drink plenty of safe fluids
- Use oral rehydration sachets
- Take anti-diarrhoeal medication (if control of symptoms is 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/screen
- **Slap** on the hat.

- There is no such thing as a healthy tan – it is a sign of UV radiation skin damage.
- Avoid the sun when it is at its' highest (usually between 11am to 3pm)
- Use good quality sun creams with an SP Factor of at least 30 or higher and a high UVA rating (at least 4 or 5 stars)
- Use protective clothing, including hats, sunglasses and sitting under an umbrella
- Take special care with babies and children – babies under 6 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:

- Do not drink alcohol and drive
- Avoid travel at night
- Avoid riding 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 or from a balcony
- 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:

<https://www.gov.uk/foreign-travel-advice>