

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 cubes in drinks, as they are likely to be made from local water supplies.
 - Natural mineral water is usually not recommended for infant feeds because it is not sterile, and its contents often exceed the maximum recommended levels above.
- Further advice at
<https://www.nhs.uk/conditions/baby/weaning-and-feeding/drinks-and-cups-for-babies-and-young-children/>

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 should be avoided which 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:

- There is no such thing as a healthy tan
- UVA and UVB cause skin damage; UVB is the form of irradiation most responsible for sunburn UV radiation is the main reason that people develop skin cancer
- 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)
- Sunscreen should be applied observing the manufacturer's instructions.
 - Apply to all exposed skin areas, including face, neck, and ears. The scalp can also burn
 - Reapplied every 2 hours as the sun can dry it off your skin.
 - Water washes sunscreen off, reapply after swimming, even water-resistant sunscreen.
- Use protective clothing, including hats, sunglasses and sitting under an umbrella.
- Take extra care to protect babies and children
 - Children's skin is much more sensitive than adults.
 - Repeated damage from the sun exposure can lead to skin cancer developing in later life.
 - Children under 6 months old should be kept out of strong direct sunlight
- Avoid dehydration. Drink plenty of non-alcoholic drinks.

How to deal with sunburn

- Sponge sore skin with cool water, then apply soothing after sun cream or spray.
- Painkillers, such as paracetamol or Ibuprofen will reduce pain and help with the inflammation of sun burn.
- Stay out of the sun until all signs of redness have gone.

Further advice can be found at:

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>



ACCIDENTS:

Taking appropriate precautions before beginning a trip can reduce these risks and ensure a plan is in place in the event that you are injured or suffer ill health.

Travel insurance is advised to cover travellers for the potentially high cost of medical treatment and repatriation, if injured or ill abroad. Healthcare is not free in most countries.

Swimming and traffic accidents are amongst the leading causes of death in travellers. A significant number of travellers have suffered serious accidents some fatal because of dangerous behaviour on balconies.

Always:

Take care: remember that consumption of alcohol/ drug can lead to accidents

Transport:

- Road traffic collisions are the most frequent cause of death among travellers
- 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:

The hazards associated with swimming and recreational water sports can be minimized by safe behaviour and simple precautions.

- Adopt safe behaviour in all recreational waters
 - pay attention to information locally regarding, tides and currents,
 - avoid outlets in spas and swimming pools.
- **Never** dive into water of unknown depth or from a balcony
- Never swim unaccompanied in deserted areas – you may get into difficulty.
- Ensure constant adult supervision of children in or near recreational waters, including small volumes of water
- 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>