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.
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.
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 cloudy water or *(room temp.)*
   - 2% tincture iodine
   - cloudy water or cold clear water (let stand 2 hours)
   - 5 drops
   - 10 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.

<table>
<thead>
<tr>
<th>AVOID:</th>
<th>DO:</th>
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<tbody>
<tr>
<td>Using leftovers</td>
<td>Cook all food well and serve hot (especially meat and seafood)</td>
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<tr>
<td>Blown tins or “swells” with canned food</td>
<td>Wash or soak fruit and vegetables before eating</td>
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<tr>
<td>All raw food especially shellfish, meat and fish</td>
<td>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.</td>
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<td>Unpasteurized milk and milk products, i.e. cheese (canned milk O.K.)</td>
<td>Therefore, eat only fruit and vegetables, which you peel and wash yourself... cook and bake those that cannot be treated in this way.</td>
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<td>Food from street vendors</td>
<td>Breads, tortillas, baked goods especially hot from the oven</td>
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<td>Letting heated food stand and cool before serving</td>
<td>Canned goods</td>
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<td>Cold meats in restaurants, mayonnaise, creamy desserts</td>
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<td>Salads, uncooked vegetables, strawberries, raspberries, grapes</td>
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<td>Large fish, especially from reef areas (many contain toxins)</td>
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<td>Buffet foods unless known to be safe</td>
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<td>Moist grains (i.e., rice) that have sat out</td>
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