

Travellers overseas can contract a number of diseases by drinking and eating contaminated water and food. By being vaccinated, using good hygiene and following a few simple rules, you can avoid serious diseases like Cholera, Typhoid, Hepatitis A and Traveller's Diarrhoea.

Simple Guidelines For Safe Food and Water

1. Always wash your hands thoroughly after using the toilet and before eating.
2. Assume all water is contaminated, and make it safe (see below for instructions) before drinking or using it. Only drink sealed bottled water (make sure you break the seal yourself), boiled water or treated water with Iodine, canned drinks or hot drinks such as coffee or tea. Brush your teeth only with bottled water. Keep your mouth closed in the shower.
3. Refuse ice in drinks, as it may have been made from contaminated water.
4. Avoid salads as these are often washed with contaminated water.
5. Eat only fruit which you have peeled yourself i.e. avoid apples with skins and grapes as these may be washed in local water or have contaminated skin.
6. Food should be thoroughly cooked and eaten hot. Avoid foods, which have been precooked and reheated, cold meat, raw seafood and shellfish (such as oysters, crabs, prawns and lobster. Never eat uncooked seafood.) Always choose hot, well cooked local dishes with high turnover that have been freshly prepared and in busy restaurants.
7. In very undeveloped areas milk and other dairy products, including ice-cream, should be avoided unless you can be sure they have been pasteurised and stored properly.
8. AS A SIMPLE RULE: "COOK IT, PEEL IT OR FORGET IT".

How to make Water Safe

1. Boiling water for at least 10 minutes is a method of ensuring that it is safe to drink.
2. Iodine. 4 drops of 2% Iodine solution per litre of water (available at Travel Vaccination Health Care) leave for 30 minutes and the water is safe to drink. Note that travellers with Thyroid disease or who are pregnant should not use this method. Use of more than 3 months in "normal" people is also not recommended.

Adding Vit C (approx 50mg) to the sterilised water will eliminate the slight Iodine taste.

For more detailed information see our Travel Vaccination Health Care Book

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