

## AVOIDING TRAVELERS' DIARRHEA:

### DO'S:

- + Wash your hands frequently and always before eating.
- + Eat items that require little handling in preparation.
- + Eat only well-cooked and hot food. If eating at a buffet, eat early before food cools, or insects arrive.
- + Eat only fresh fruits and vegetables that you have peeled or seen prepared in front of you. Avoid those that are washed in tap water.
- + Drink hot beverages, such as coffee or tea.
- + Drink bottled water or name brand carbonated beverages.
- + Wipe off any bottle before drinking or pouring.
- + Tie a colored ribbon around the bathroom faucet as a reminder not to drink the tap water.

### DON'TS:

- + Never drink tap water. Don't brush teeth with tap water.
- + Never drink fresh water or standing water.
- + Avoid any bottled water not opened in front of you.
- + Avoid ice cubes. If you must have a cool drink, place ice cubes in a small, clean, leak-proof bag and place the bag in your drink. Carry bags with you.
- + Avoid food from street vendors.
- + Avoid shellfish or any uncooked seafood.
- + Avoid uncooked fruits and vegetables.
- + Avoid salads.
- + Avoid dairy products.
- + Avoid juices not prepared in front of you. Tap water may have been added.
- + Minimize swimming and swallowing water unless well-chlorinated.

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