

## WHILE YOU TRAVEL

### Avoiding disease

While some diseases can be prevented by vaccination, others require extra precautions on your part to safeguard your health. You may need to take preventive medications and adjust your behaviour to reduce your risk. It's wise to follow the precautions below even if you've been vaccinated or are taking medications to prevent disease.



### Food- and water-borne diseases

Diseases such as hepatitis A and typhoid fever are transmitted when you consume contaminated food or water. Schistosomiasis, a parasitic illness, can be transmitted by

skin contact in some tropical freshwater lakes, rivers or streams. Other infections can sometimes be transmitted in public bathing facilities, including water parks.

To protect yourself from contaminated food and water:

- "Boil it, cook it, peel it or leave it!"
- Always wash your hands before eating or drinking.
- Eat only food that's been well cooked and is still hot when served. Avoid uncooked foods – especially shellfish – and salads. Fruits and vegetables that can be peeled are usually a good choice.
- Drink only purified water that's been boiled or disinfected with chlorine or iodine, or commercially bottled water in sealed containers. Drinking carbonated drinks, including beer, is usually safe.
- Avoid ice, unless it's been made with purified water.
- Avoid unpasteurized dairy products and ice cream.
- Avoid food from street vendors.