

## Violence while travelling

Violence is a risk in many countries. Criminals often target tourists and business travellers, particularly in countries where crime levels are high. Refer to the Travel Reports and Warnings at [www.travel.gc.ca](http://www.travel.gc.ca) for country-specific advice and precautions you can take to reduce this risk.

## Common health concerns

### Gastrointestinal illness

By far, the most common traveller's complaint is diarrhea, or "turista." Turista is caused by bacteria, viruses or parasites found in local water supplies used for drinking, washing and preparing food. To protect yourself, follow the food- and water-borne disease precautions outlined on page 26.

The most important treatment for diarrhea is to get water back into your body. So drink plenty of safe fluids (bottled water and juices) as soon as the problem starts. Bring along an oral rehydration solution, especially

if you're travelling with children; several brands are available in drug stores in Canada. Ask your health care provider or travel health clinic for more information on self-treatment of diarrheal illness. Most cases of traveller's diarrhea will clear up in a few days. If your symptoms persist for more than two days during travel or after you come home, or if you have bloody diarrhea or fever, you should see a health care provider.

Diane had been in the ocean all day and had worked up a good appetite. She ordered a meal at the bar on the beach. "I'll avoid foods I'm not familiar with and ask for bottled water or pop." What she forgot was that she had put on her sandals, picked up her wallet from the sand and carried the money in her hand when she bought her food. That night when she became ill with a gastrointestinal bug, she regretted not packing a small bottle of alcohol-based hand gel in her beach bag so she could have cleaned her hands before eating.