

## SAFE FOOD FOR TRAVELLERS

Sampling local foods adds pleasure to visiting foreign countries, but to help avoid traveller's diarrhea, you are advised to take these precautions:

### Travellers should:

- always wash hands with soap or hand sanitizer, before eating and handling money and using the bathroom.
- eat at establishments that are known to cater to tourists or that are specifically known by other tourists to be safe.
- eat foods that are well cooked and served steaming hot, especially meat, fish, and seafood.
- eat breads, tortillas, crackers, biscuits, and other baked goods.
- eat fruits or nuts with thick skins, peels or shells that you remove yourself.
- eat canned foods.
- eat fresh vegetables if they are cooked and eaten hot.
- consume only pasteurized or sterilized milk and milk products. Ice cream from unreliable sources can frequently be contaminated and can cause illness. If in doubt, avoid it.

### Travellers should avoid:

- raw or undercooked meat, fish or seafood.
- leafy or uncooked vegetables and salads. Soil contaminated with human waste is often used for fertilizer. Salads and raw vegetables can be made safe if the ingredients are first immersed for 30 minutes in 'Pristine' solution. Ask how vegetables are cleaned; water alone is not enough. Tomatoes are classified as fruit; they must be unbruised and peeled.
- mayonnaise and salad dressings, chutneys and salsa, if home-made, may easily be contaminated.
- melons. sometimes, to increase market weight, they may be injected with unsafe water.
- leftovers as they may not have been stored or reheated correctly
- ice cream from unreliable sources is frequently contaminated and can cause illness. If in doubt, avoid it.
- cold buffets. Check that food has been refrigerated and that food is fresh and has not been reheated. Check that fly controls and food covers are being used.

**If you can't boil it, peel it, cook it, don't eat it!**

For more  
information call  
the Health Info  
Line at  
613-735-8666  
or  
1-800-267-1097  
Ext 666.

[www.rcdhu.com](http://www.rcdhu.com)



Renfrew County and District Health Unit