

FOOD AND WATER HYGIENE



For further information, please contact:

Communicable Disease Center
Hamad Medical Corporation

@ CDCTravel@hamad.qa

☎ (+974) 40254003

Approved by:
Patient and Family Education
patienteducation@hamad.qa

© 2017 Hamad Medical Corporation

مركز الأمراض الإنتقالية
Communicable Disease Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



FOOD AND WATER HYGIENE

Introduction

- Travel provides a great opportunity to try new food and drinks. However, it is sensible to try and select safer options where possible.
- Contaminated food and water can transmit a number of different infectious diseases, but the risk is higher in low-income regions.

Before travel

- Know the risks of contaminated food and water RELATED ILLNESSES at their destination in advance of travel.
- See your healthcare provider at least 4-6 weeks before travel for advice on vaccinations (if appropriate).
- Pre-travel advice is important.
- Consider taking a diarrhea treatment pack

consider obtaining other items to help reduce their risk from contaminated food and water like :

- Alcohol gel
- Consider taking appropriate equipment such a water filter or chemical treatments if there is poor access to safe water at your destination.

During travel

Water and other drinks safety

- Drinks served in unopened, factory-produced cans or bottles can be considered safe.
- Drinks made with boiled water and served steaming hot are also generally safe such as tea and coffee
- In countries with poor sanitation, it is not advisable to drink tap water or use ice cubes in your drinks.

Food safety

- Recently prepared, thoroughly cooked food that is served hot, fruit that can be peeled by the traveler (such as bananas and oranges), and pasteurized dairy produce such as yoghurts, milk and cheese are good options for travelers.
- **Certain foods should be avoided:**
- Salads
- Uncooked fruit and vegetables (unless washed and/or peeled by the traveler)
- Fresh or cooked food that has been left uncovered in warm environments, exposed to flies, such buffets.
- Unpasteurized dairy products.
- Raw or undercooked meat, fish or shellfish.

After travel

Travelers returning with diarrhea should seek medical care if :

- Symptoms do not improve within three days.
- they have a fever of 38°C or more,
- blood and/or mucous in the stool
- or other worrying symptoms such as altered mental status, severe abdominal pain, jaundice or rash.