



What Should I Eat and Drink?



- Do eat food that is fully cooked and served steaming hot.
- Do drink beverages that are bottled and factory-sealed.
- Do wash hands frequently with soap and water or use an alcohol-based hand sanitizer.



- Do not eat raw meat, raw produce, raw seafood, or raw eggs.
- Do not eat or drink unpasteurized milk or milk products.
- Do not eat food from street vendors.
- Do not drink tap water or beverages from unbottled sources (avoid ice!).



What if I Have Diarrhea?

Travelers' diarrhea is a common illness caused by eating or drinking contaminated food or water. Symptoms of travelers' diarrhea often include loose or watery stools, cramps, nausea, vomiting, and/or fever. While unpleasant, most cases resolve within a few days.

- Drink lots of fluids including clean water and electrolyte solutions to stay hydrated.
- Take over-the-counter medications to treat symptoms of diarrhea first.
- If you have diarrhea with blood or fever, take your antibiotic *exactly* as prescribed.
- Consult with a health care provider if symptoms last for more than a few days, diarrhea is bloody, or you have a fever.
- Wash your hands with soap and water or hand sanitizer often, especially after using the bathroom, to avoid spreading infection to others.