



## 10 Eating & Drinking Tips While Traveling

***Diseases from food and water are the leading cause of illness in travelers.  
Follow these tips for safe eating and drinking***

- 1) Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- 2) In areas where water is contaminated, travelers should not brush their teeth with tap water.
- 3) Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles.
- 4) Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to make water safer to drink.
- 5) Water on the surface of a beverage can or bottle may also be contaminated. Therefore, the area of a can or bottle that will touch the mouth should be wiped clean & dry.
- 6) Do not eat food purchased from street vendors.
- 7) Make sure food is fully cooked.
- 8) Avoid dairy products, unless you know they have been pasteurized.
- 9) Some fish are not guaranteed to be safe even when cooked because of the presence of toxins in their flesh.
- 10) Infants younger than 6 months should either be breast-fed or be given powdered commercial formula prepared with boiled water.