

Eating and Drinking Safely Information Sheets

By eating and drinking safely, travelers can avoid serious disease like Travelers diarrhoea, Cholera, Typhoid and Hepatitis A.

The following are the simple guidelines:

- Always wash your hands thoroughly after using the toilet and before eating.
- Brush your teeth with bottled water. Keep your mouth closed in the shower. Men who would usually shave their beards in the shower are advised to shave using the basin, to limit the amount of water ingested.
- Assume all water is contaminated. Either boil the water for at least 10 minutes, or use iodine drops, available from Matraville TCA.
- Drink bottled water, canned drinks like coke or hot drinks like tea and coffee.
- Refuse ice in drinks as it may have been made from contaminated water.
- Avoid salads, as they may have been washed in contaminated water.
- Food should be cooked thoroughly and eaten hot. Avoid foods that have been pre-cooked and re-heated, as well as cold meat, raw seafood and shellfish, such as oysters, prawns and lobster. Never eat uncooked seafood.
- Milk and other dairy products should be avoided unless you can be sure they have been pasteurised and stored properly. Eat only fruit that you peel or cut. Do not eat fruit that has been peeled or cut by others.
- Water can be made safe by either boiling for at least 10 minutes or using 2% iodine drops to sterilise for 30 minutes.