

Travelers Diarrhoea Information Sheets.

Traveler's diarrhoea is the most common health condition facing travelers. Traveler's diarrhoea is characterised by stomach cramps, profuse diarrhoea and sometimes with fever and blood in the stool. It is caused by eating contaminated food and drinking contaminated water. A common bacteria called E Coli usually causes the contamination.

The best cure is prevention.

If you develop diarrhoea during travel what should you do?

- Rest if you feel tired.
- Ensure you drink plenty of fluids, especially oral rehydration solutions like Gastrolyte.
- Take anti-diarrhoeal medication if the symptoms are mild and you need to catch a bus or plane.
- Consider taking some specific antibiotics if you have three or more bowel motions, nausea and fever.
- Seek medical advice if you notice blood in the stool, severe abdominal pains or fevers above 38 degrees c.
- Matraville TCA stocks various kits and packs to help travelers treat travelers diarrhoea while on their holiday. These products are also available on-line at this website: www.vaccinations.com.au

What would you recommend for travelers to take as a precaution?

If travelers are going away and staying in the resort or city areas, we recommend the basic gastro kit for \$33.00 (Incl GST)

For travelers going "off the beaten track" we recommend the Combination Advanced First Aid and Advanced Gastro Kit for \$99.00 (Incl GST)