

Practical tips

- ✚ Run showers with hot water for a few minutes before entering-inadequately treated water systems may harbour "bugs".
- ✚ Cleaners may use personal toiletries for other purposes-keep flannels, toothbrushes out of sight!
- ✚ Wash your hands frequently!
- ✚ If possible carry a no water need hand sanitizer with you to clean your hands before eating.
- ✚ Infected food and water are the most common ways of acquiring Travellers' Diarrhoea.
- ✚ Avoid undercooked meats, particularly pork and poultry.
- ✚ Avoid shellfish harvested from shallow water.
- ✚ Inadequately reheated cooked rice is often source of infection.
- ✚ Dehydration is the greatest threat to health during bouts of diarrhoea and vomiting.

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- ✚ Drink plenty of fluids (approximately 3 litres a day).
 - ✚ Include diluted fruit juices and salty soups to help replace lost nutrients.
 - ✚ Try eat as little as possible during the first 24 hrs.
 - ✚ Commercially available oral rehydration packs can be useful standby.
 - ✚ Use bottled or treated water to reconstitute oral rehydration packs.

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- ✚ Avoid the use of drugs such as loperamide (Imodium, Arret) unless absolutely essential, as they slow down elimination of the causal organism.
 - ✚ Seek medical assistance if diarrhoea persists longer than 4-5 days.
 - ✚ If blood or mucus are present, or if a fever develops, seek medical assistance as soon as possible.