



Robens Centre

Vaccination Clinic

What to avoid...

- ✚ Food can contain "bugs" you can't see!
- ✚ Ensure food to be eaten hot is piping hot
- ✚ Avoid salads unless washed in bottled water
- ✚ Fruit and vegetables - wash, peel, cook or leave!
- ✚ Avoid raw fish
- ✚ Avoid eating in places where flies abound!

Stick to what you know!

- ✚ Sterilise suspect water supplies by boiling, using tablets or commercial filters.
- ✚ Avoid ice in drinks.
- ✚ Avoid ice-cream especially from street vendors.
- ✚ Stick to known brand canned drinks.
- ✚ Drink and wash teeth in bottled water.