

Food and water safety



Wherever your travels take you, it is important to always:

- ✓ Exercise caution with your drinking water, particularly in areas where hygiene and sanitation are challenging to maintain
- ✓ Practice food safety and be cautious when eating high risk foods
- ✓ Follow good hygiene practices

	DO	DON'T
EAT	<ul style="list-style-type: none"> ✓ Food that is well cooked and served while hot ✓ Fruits, nuts and vegetables you can peel or remove the casing of yourself ✓ Fruit and vegetables that are washed with treated water ✓ Pasteurized dairy products 	<ul style="list-style-type: none"> ✗ Raw, undercooked, or cold meat, poultry, fish, seafood, or eggs ✗ Bush meat or game meat ✗ Condiments or sauces made from raw ingredients or eggs ✗ Food that is uncovered, not on ice or not refrigerated such as buffets ✗ Unwashed or unpeeled fruit or vegetables ✗ Raw vegetables if the source is questionable or if you are unsure that they have been washed with treated water ✗ Unpasteurized dairy products (e.g. cheese, milk, yogurt, ice cream)
DRINK	<ul style="list-style-type: none"> ✓ Water that has been treated (boiled, filtered, or bottled water) ✓ Carbonated beverages in sealed bottles ✓ Bottled water that you uncapped yourself or was uncapped in your presence ✓ Hot tea and coffee 	<ul style="list-style-type: none"> ✗ Tap or well water if you are unsure of the quality ✗ Beverages that contain ice ✗ Unpasteurized milk and juice ✗ Concentrated or powdered beverages mixed with untreated water
HYGIENE	<ul style="list-style-type: none"> ✓ Wash your hands for at least 20 seconds with soap and water, especially before preparing or eating food and after using the bathroom ✓ Use an alcohol-based hand sanitizer that contains at least 60% alcohol ✓ Brush your teeth with treated water 	<ul style="list-style-type: none"> ✗ Share food, beverages, and utensils with others ✗ Brush your teeth with tap water if you are unsure of the quality ✗ Ingest or have contact with water from freshwater sources (streams, ponds, and lakes) ✗ Do not ingest water from pools and hot tubs

Always remember to: **Boil it, Cook it, Peel it, or Forget it!**