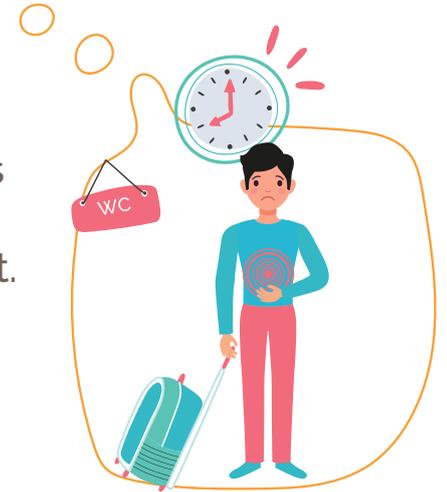


# Food Safety when Travelling

Contaminated food and drinks can cause illness and disrupt your travel. The most common travel-related sickness is gastrointestinal infection.

In otherwise healthy adults foodborne illness is normally a self-limiting disease and rarely is serious or life threatening, but it can certainly cause travel discomfort and take away from your travel enjoyment.

Also, before eating meals, ensure you wash your hands with soap under clean running water.



Take steps to avoid foodborne illness when you travel. Here are some recommendations:

**"More Safe Foods (on the left)", Foods to Avoid (on the right)".**



Fruits and vegetables you have washed in clean water or peeled yourself



Food from a factory sealed package or container



Dry foods like bread or crackers



Posteurized dairy products like milk



Meat that is cooked all the way through



Hard cooked eggs



Hot coffee or tea



Sodas, or sports drinks that are sealed (carbonated is safer)



Food that is cooked and served hot



Unwashed or unpeeled raw fruits and vegetables



Raw or undercooked (rare) meat or fish



Flavored ice or ice cream



Food from street vendors



Fountain drinks



Unpasteurized dairy products



Raw or soft-cooked (runny) eggs



Bushmeat (monkeys, bats, or other wild game)



Salads



Food served at room temperature



Water or ice made from the tap or a well

**You can also see - Five Keys to Safer Food**