

# **THE SOUTHWEST UTAH PUBLIC HEALTH DEPARTMENT**

**wants you to have a safe and  
healthy trip abroad!**

**Course Video 1 - Food and Water Safety**



**THIS IS GENERAL HEALTH AND  
SAFETY INFORMATION.**

**Country specific information will  
be given to you by your Public  
Health nurse in a Travex report.**

**Course Video 1 - Food and Water Safety**

SOUTHWEST  
UTAH PUBLIC  
**HEALTH**  
DEPARTMENT





# **There are many diseases transmitted via contaminated food and water**

**Only a few are vaccine preventable**

**Food and water precautions are a crucial part of safe and healthy travel**





# Only drink safe water from these sources:

**Water in a SEALED bottle**

**Carbonated beverages in cans  
or bottles**

**Hot drinks**

**Water that has been boiled or treated with  
iodine tablets; some filtration systems are  
effective, too**





# **TAP WATER IS NOT SAFE IN MANY COUNTRIES**



**Use caution when brushing teeth (use bottled water), showering, and other activities that may involve swallowing contaminated water**

**Ice made from tap water is NOT SAFE**



# Safe Food

**Heat kills most microorganisms that make you sick, so foods that are cooked and served hot are generally safe.**



**Other safe foods include: bread and other dry products, fruit and vegetables that have been washed with clean water AND peeled**



# DO NOT EAT THESE!

**Cold sauces, salads, or condiments left at room temperatures**

**Unwashed raw fruits and vegetables**

**Raw/undercooked meats and fish**

**Unpasteurized dairy products**





# REMEMBER: For Safe Foods....

**COOK IT**

**BOIL IT**

**PEEL IT**

*OR*

**FORGET IT**





# Travel Vaccines

**Cholera: food-borne; oral vaccine,  
not commonly needed**

**Hepatitis A: food-borne; 2 doses  
6 months apart**

**Typhoid: food-borne; oral vaccine or  
injection**

