

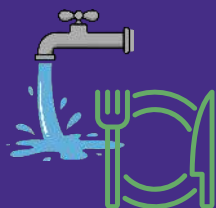
Facts on Diarrhea When Travelling

How Common is it?



30-70%

experience diarrhea when travelling



~80%

of reported cases of diarrhea during travel are caused by bacteria, specifically **Escherichia coli (E.coli)**, in contaminated food & water

Did You Know:

There are 6 types of E. coli that can cause inflammation of the stomach and the bowels. **Enterotoxigenic E. coli (ETEC)** is one of the most common bacterium that causes diarrhea in travellers.

Symptoms:



- Fever
- Nausea/vomiting
- Headache/muscle aches
- Abdominal pain/bloating
- Watery/bloody diarrhea
- Chills



Symptoms often begin 1-3 days following contamination

Who's at Risk?



- Immunocompromised



- Chronic illness (ie. diabetes, heart & kidney disease)



- Digestive disorders (IBS, IBD) & those taking related medications



- History of repeated severe diarrhea when travelling

Reduce your Risk:



Avoid:

- Raw vegetables
- Uncooked seafood
- Ice & tap water
- Unpasteurized dairy
- Street food



Safer Options:

- Cooked, served-hot foods
- Peelable fruits
- Hot coffee & tea
- Canned drinks, beer & wine

WASH YOUR HANDS



Before you Leave:

Talk to your healthcare professional at least 4 weeks prior to departure for pre-travel health advice and preventative measures; this may include a vaccine.

