

## **PREVENTING ILLNESS WHEN TRAVELING OUTSIDE THE USA**

Many travelers experience irritated stomach and intestinal symptoms when traveling outside the USA. These symptoms can range from mild to severe and may include: nausea, diarrhea, vomiting and a fever.

These symptoms may result from bacteria, viruses, excessive consumption of alcohol or eating foods you are not accustomed too. Luckily most only last 24 hours but can have lingering effects on your body for several days. Here are a few tips to stay healthy when traveling outside the USA.

### **CONSULT YOUR PHYSICIAN BEFORE TAKING ANY SUPPLEMENTS!**

7 Days before traveling... take 2- 10 billion probiotic pills daily

Emergen-C Immune+ to help support your immune system

Take Pepto Bismal before meals as per the directions- use chewable tablets or liquid to coat your stomach, time released capsules or pills are less effective \* do not exceed daily recommended dosage\* This will coat your stomach and help prevent unwanted “bugs” from sticking to your stomach lining.

Take a multivitamin

Wash your hands often!!!

Use antibacterial hand sanitizer often

**NEVER drink the tap water**

ALWAYS use bottled water to brush your teeth

Consume alcohol in moderation

Try new foods in small quantities

Do not over eat- especially rich foods your system may not be accustomed to digesting

Only eat food or drink beverages offered at the resort

Never purchase and consume food or beverages sold by street vendors

USA food recalls for salmonella and E-coli found in salad greens and fruits are common!

Be aware of what you eat and drink!

Stay away from uncooked leafy greens and unwashed fruit