

The Epi Link

Tips to Avoid Foodborne Illness on Vacation Overseas

Avoid eating salads or any meals with uncooked vegetables or fruit (e.g. salsa).

Instead, only eat cooked veggies or fruits that you have washed in clean water or peeled.

Only drink water or ice you **know** has been filtered/disinfected or drink bottled water (that you open yourself).

Do not eat bushmeat (monkeys, bats, similar wild animals) or other game meats.

Pasteurized products have gone through processing to remove harmful bacteria.

Only drink and eat pasteurized products and avoid "fresh" dairy and juice.

Hot, cooked foods are best. Do not eat any food sitting at room temperature, raw, or rare (buffets, sushi, runny eggs, raw oysters etc.)



Avoid street food and fountain drinks. Prepackaged foods and soda in cans are better choices. Carbonated drinks are safer.

Remember, being cautious about food and water also applies to travel in wealthy tourist areas.

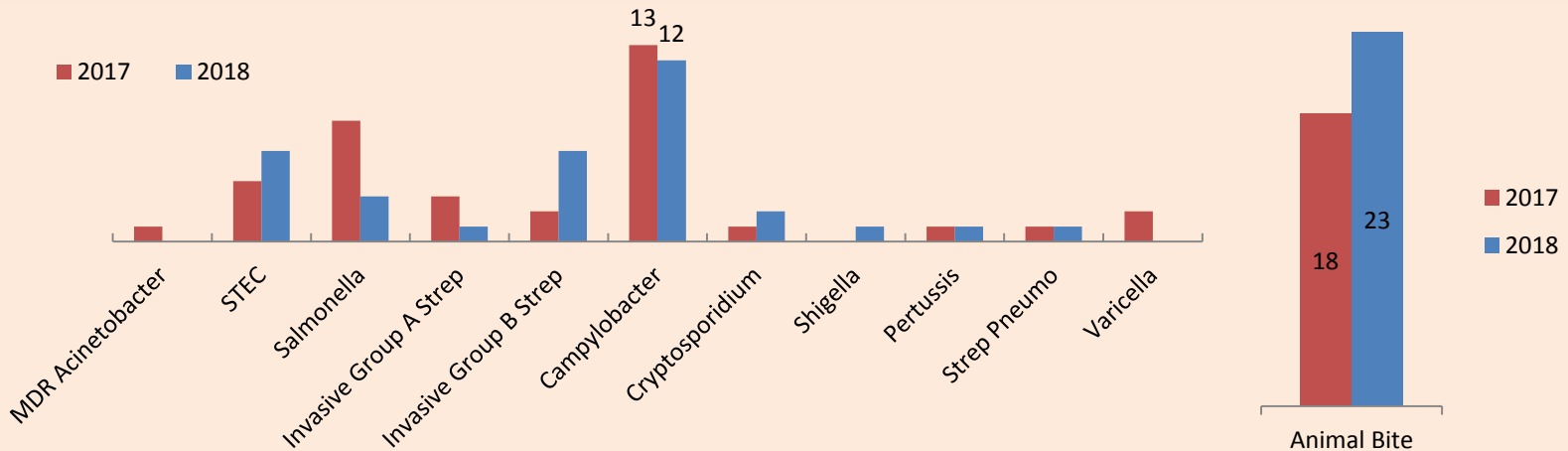
Always eat well-cooked food, drink bottled or filtered water, and wash fruits and vegetables before eating.

Spotlight: CDC Travel Recommendations

- See a travel doctor or nurse at least 4-6 weeks before international travel for the best recommendations for shots and/or medications for your trip.
- Insect repellent with at least 20% DEET can protect against mosquito and tick bites, when used as directed on the label. If using sunscreen, apply it first, then apply insect repellent after the sunscreen has dried.
- Pregnant travelers and women trying to get pregnant should AVOID travel to areas with Zika and Malaria.
- Travelers who have been exposed to mosquitoes in an [area with Zika](#):
 - Male travelers should abstain from sex or use condoms for at least 6 months after exposure to lower the risk of transmitting Zika to male or female partners.
 - Female travelers should abstain from sex or use condoms for at least 2 months after exposure to lower the risk of transmitting Zika to male or female partners.
- For general information on travel safety, including more food safety and vaccination recommendations, check out the CDC's travel website here: <https://wwwnc.cdc.gov/travel/>

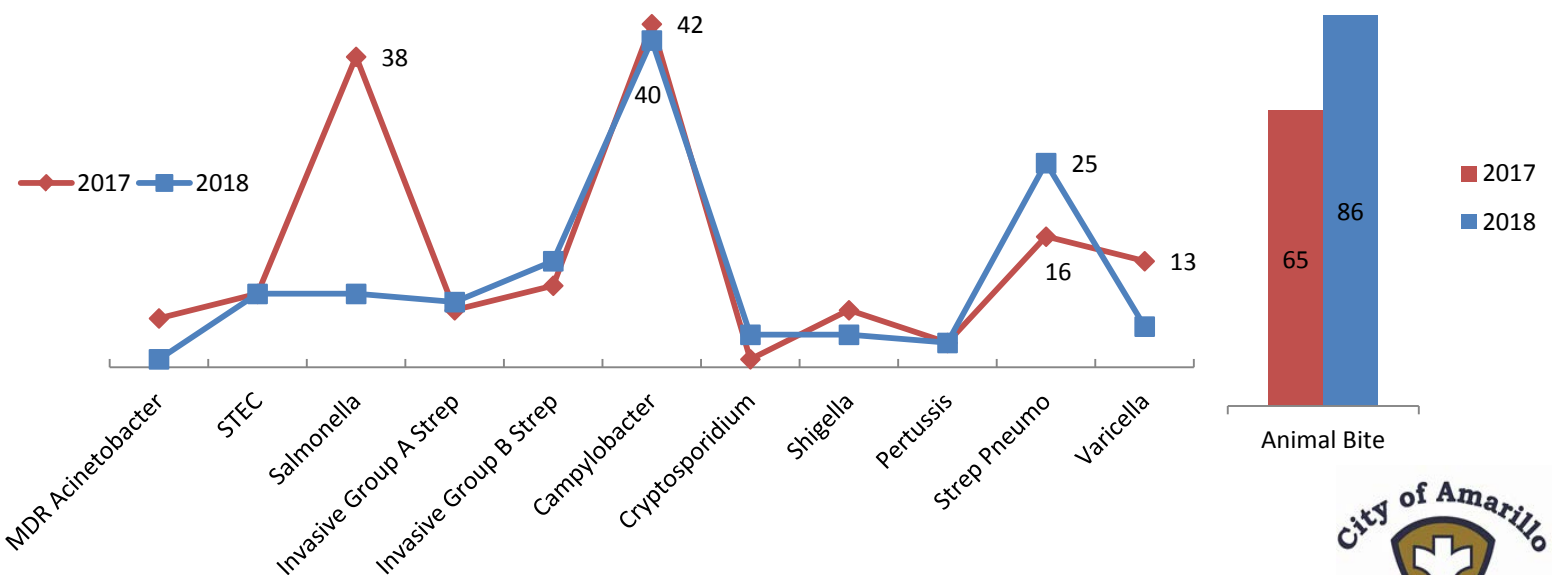
2017 and 2018 June Case Count Comparison of Selected Illness*

*All data are provisional. All data points without labels are <10 cases.



2017 and 2018 January – June Case Count Comparison of Selected Illness*

*All data are provisional. All data points without labels are <10 cases.



Communicable Disease Reporting

For more information call: Laurie Burton – 806-378-6321 or Kirstin Williams – 806-378-6353