

What to do if you get Diarrhoea

Most diarrhoea attacks are self limiting and clear up in a few days. The important thing is to avoid becoming dehydrated. This is particularly important for the elderly, for babies and for young infants.

As soon as diarrhoea starts, drink more fluids such as bottled, boiled or treated water. If diarrhoea continues for more than one day, prepare and drink oral rehydration salts. If oral rehydration salts are not available you can make your own by mixing 6 level teaspoons of sugar plus one level teaspoon of salt in 1 litre of safe water.
Eat a little light food.

Avoid proprietary medicines containing antibiotics.

Seek medical help if diarrhoea is persistent and/or if there is blood in the stools, repeated vomiting, or fever.

Advice on return to the UK

If systems persist contact your own doctor upon your return to the UK and tell him that you have been abroad.

If you are employed as a food handler then you are required by law to advise your employer of any incidence of food poisoning or gastro-intestinal illness before returning to work.

REMEMBER
STOP! THINK? WASH!!!

for further information
contact your local
Environmental Health Office:

Office	Tel No.
Bellwood Road, Aboyne	013398 87373
The Square, Banchory	01330 822878
5 Back Path, Banff	01261 813280
45 Bridge Street, Ellon	01358 726435/6
1 Kirk Brae, Fraserburgh	01346 586323
25 Gordon Street, Huntly	01466 794121
Gordon House, Inverurie	01467 620981
60 Broad Street, Peterhead	01779 483254
High Street, Turriff	01888 563417
Arduthie Road, Stonehaven	01569 768232



Food Safety for Holidays and Travel

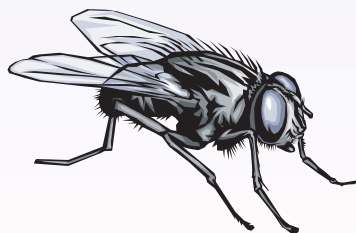
Travellers Diarrhoea

Travellers diarrhoea is very common, especially in hot countries. This, as well as diseases such as cholera, typhoid and hepatitis A can be caught from contaminated water and food.



*Prevention is better than cure
... before you go on holiday*

- 🌍 if you are going abroad consult your GP for advice on vaccinations or other preventative medicines.
- 🌍 pack water sterilisation tablets if travelling outside Europe or where treated mains water is not available.
- 🌍 if travelling to remote areas or less well developed countries, take a suitable medical kit containing oral rehydration salts.



Eat Safely

Be careful what you eat and drink **wherever** you are:



- 🌍 wash hands after going to the toilet and always before eating.
- 🌍 eat freshly cooked food that is thoroughly cooked and still piping hot.
- 🌍 avoid food that has been kept warm.
- 🌍 avoid uncooked food, unless you can peel or shell it yourself.
- 🌍 avoid food likely to have been exposed to flies.
- 🌍 fish and shellfish may be suspect in some countries - if in doubt

Do Not Eat

- 🌍 avoid ice cream from unreliable sources such as kiosks or itinerant traders.
- 🌍 avoid or boil unpasteurised milk.

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Safe Water

If you have any doubts about the quality of the water available,

🌍 boil it

OR

🌍 filter it using a water 'purifier' (combines filtration with a chemical disinfectant).

OR

🌍 use bottled water in sealed containers.

🌍 avoid ice unless you are sure it is made from treated or chlorinated water.

🌍 use safe water for cleaning teeth.

🌍 use safe water for food preparation as well as for drinking.

🌍 be especially careful with any water used to prepare an infants meal. Always use water which has been boiled, preferably bottled water (but not carbonated or mineral water).

Beverages, such as hot tea or coffee, wine, beer, carbonated soft drinks or packaged fruit juices are usually safe to drink.

