

## Traveler's Diarrhea

Traveler's diarrhea is the most common illness affecting travelers. High risk destinations include the developing countries of Latin America, Africa, the Middle East, and Asia. It is typically transmitted via the ingestion of fecally contaminated water or food.

To prevent traveler's diarrhea:

- Avoid salads, unpeeled fruits, raw or undercooked meats and seafood, and unpasteurized dairy foods.
- Do not drink tap water. Bottled water is usually safe, but carefully inspect the cap and seal to ensure they are not broken. Remember not to rinse fruits or vegetables with tap water. If you will be in a remote area, boil water and/or use iodine tablets as a disinfectant.
- Do not use ice cubes.
- Avoid eating foods and drinking beverages from street vendors.
- Make sure that cooked food is hot.

Symptoms typically occur abruptly within the first week of travel. However, symptoms can also occur after returning home. Traveler's Diarrhea usually presents with frequent watery stools, nausea, vomiting, abdominal cramping, and bloating. Most cases of Traveler's Diarrhea resolve spontaneously in 24-48 hours. Loperamide (Imodium) can sometimes decrease the duration of symptoms. . **Do not** take loperamide (Imodium) or other anti-motility agents if you have bloody diarrhea or fever! It is important to make sure you drink plenty of clear, non-caffeinated fluids to avoid dehydration.

If you develop bloody stools, fever, or >3 loose stools within 8 hours it is advised that you take either ciprofloxacin 500 mg twice a day for 3-5 days or bismuth subsalicylate (Pepto-Bismol) 1 ounce every 30 minutes for up to 8 doses in a 24 hour period. If your symptoms persist despite treatment, it is important that you see a physician.

For further information, visit [www.cdc.gov/travel/foodwater.htm](http://www.cdc.gov/travel/foodwater.htm)