



TIPS TO AVOID HOLIDAY ILLNESSES

The last thing you want whilst on your **holiday** is to get **sick**, especially with illnesses that confine you to your hotel room or apartment.

Simple **tips** to follow to make sure you **avoid illness** whilst **abroad**:

Long haul flights:

- Stand up, walk/stretch for a few minutes at least every hour



- Avoid consuming excessive amounts of alcohol
- Do not overeat during the flight
- To minimise jet lag, enjoy a light diet and good nights sleep at your destination

Food & drink

Don't:

- Drink tap water by the glass or in mixed drinks (including ice made from tap water)
- Brush your teeth using tap water
- Eat raw vegetables including salads, fruits unless they have a thick, disposable outside covering

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Don't continued..

- Eat rare, raw meat or fish. Make sure all meat and fish are cooked thoroughly
- Eat dairy products from small vendors, or any dairy products that have been left out in the sun
- Eat food that has been kept warm
- If you become ill do not prepare or handle food for other people as you can spread your illness



Do:

- Drink carbonated water, bottled or canned beverages as opposed to tap water
- Drink hot beverages as they are relatively safe even if full boiling is not assured
- Keep hydrated – if you are suffering from dehydration drink fruit juice (canned or boiled) or bottled water
- Wash your hands frequently

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