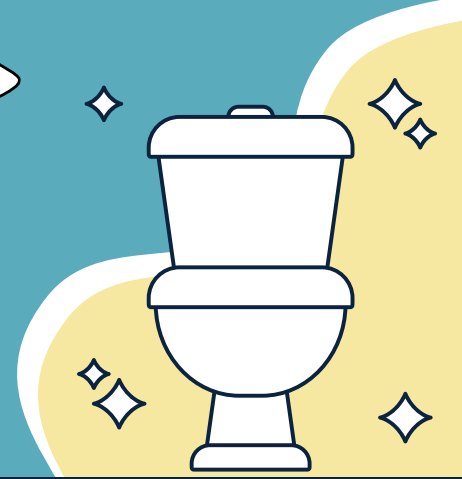
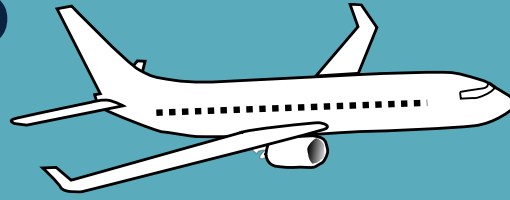




TRAVELER'S DIARRHEA



What is traveler's diarrhea?

Traveler's Diarrhea differs from viral diarrhea in the fact that it is caused by infectious agents, such as bacteria or parasites, encountered while traveling to places where the climate or sanitary practices are different from yours at home. You typically develop traveler's diarrhea after eating/drinking food or water contaminated with organisms from feces.

Signs and symptoms:

- **Abrupt onset** of 3 or more loose, watery stools per day
- **Urgent** need to defecate
- **Abdominal cramping**
- **Nausea or Vomiting**
- **Fever**

Call UHS if you experience:

- Persistent vomiting
- Fever of 102 F or higher
- Bloody stools or severe diarrhea
- Dehydration: not urinating, very dry mouth, and weakness
- Severe abdominal pain

Areas of highest risk:

- Central America
- South America
- Mexico
- Africa
- South Asia and Southeast Asia

See a doctor prior to traveling. They will often provide you with a prescription medication to take with you in the case that you would develop severe symptoms.

Treatment and Prevention:

- Symptoms will usually go away on their own within a few days. If persisting longer than 2 days, you may need prescription medication to help you get better.
- Wash your hands well using soap and water, or alcohol based hand sanitizer.
- Don't drink the water: even local ice cubes could make you sick. Use bottled water, or order hot beverages.
- Watch what you eat: Avoid consuming food from street vendors, unpasteurized milk/dairy. Eat foods that are well cooked and served hot.

Check out the latest updates and more details from **the Mayo Clinic**:

