



TRAVELERS' DIARRHEA

Who gets travelers' diarrhea?

- Travel in risk areas including-Latin America, Africa, the Middle East, and Asia
- Usually occurs in the first week of travel
- Equal rates for men and women
- Primary source—fecally contaminated food or water.

What are common symptoms?

- Symptoms begin abruptly
- Increased frequency, volume, and weight of stool
- Four—five loose or watery bowel movements per day
- Nausea, vomiting, abdominal cramping, bloating, urgency and fatigue
- Most cases will resolve in one week

What preventive measures are effective?

- Avoid eating foods or drinking beverages purchased from street vendors or other establishments where unhygienic conditions are present
- Avoid eating raw or undercooked meat and seafood
- Avoid eating raw fruits (e.g. oranges, bananas, avocados) and vegetables unless you peel them
- Well-cooked and packaged foods usually are safe
- Avoid tap water, ice, unpasteurized milk and dairy products
- Safe beverages are bottled carbonated beverages, hot tea or coffee, boiled water

What treatments is available?

- Always practice preventive measures.
- If symptoms arise begin **Xifaxan one tablet three times a day for three days**. Finish all three (3) days after treatment started.
- Keep yourself hydrated with liquids (e.g. bottled water, Gatorade, juices, etc.).
- Avoid antimotility meds (e.g. Imodium A-D), — they can lengthen course of diarrhea. Only use medication if symptoms need to be resolved for a short period of time (e.g. travel by plane or train).

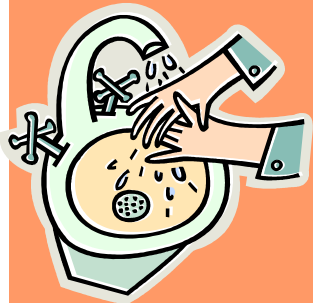
When to seek Physician help?

- Fever or blood in the stool - immediately seek help from a physician.



Travelers' Diarrhea

Wash Your Hands



OFTEN