



Don't Let **MONTEZUMA'S REVENGE** Soil Your Vacation!

Avoiding traveler's diarrhea, sometimes known as "Montezuma's Revenge," can be a real challenge when traveling to tropical climates. Contaminated food and water are the most common causes of traveler's diarrhea.

Here are a few tips for avoiding traveler's diarrhea:

- Wash your hands carefully *before* eating
- Consume only commercially bottled or canned water and beverages
- Brush your teeth with bottled or purified water
- Don't consume ice cubes unless you are sure they were made with purified water
- Eat well-cooked food. Hot food should be served hot.
- Eat only fruits and vegetables that are washed properly with purified water, washed and peeled yourself.
- Avoid salads, watermelon, cold cuts and pudding.
- Don't eat leftovers, food from street vendors, or non-pasteurized dairy products.

What should you do if you get diarrhea?

- Drink plenty of fluids that are caffeine free, such as Gatorade, Kool-aid, or diluted non-citrus fruit juices – you could even suck on a popsicle
- Avoid dairy products.
- Drink clear broth and nibble on saltine crackers.
After symptoms subside, you can gradually begin to eat bland foods such as toast, rice, applesauce, bananas, boiled potatoes, bake or broiled fish or poultry.
- Seek medical attention if you have persistent abdominal pain, bloody diarrhea, a fever over 101 degrees that is not relieved with Tylenol; or vomiting with diarrhea for more than 24 hours, without improvement.

