



FoodWise



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Avoid Food Poisoning While Traveling

For many travelers, eating offers the best introduction to a new destination. Despite the linguistic and cultural differences abroad, our taste buds speak a boundless universal language. But eating in new destinations can pose potential hazards. According to the Centers for Disease Control and Prevention (CDC), every year more than 10 million overseas travelers develop diarrhea and other stomach illnesses as a result of consuming food or drinking water that is contaminated.

Because you are unable to regulate your food or beverage preparation while traveling, it's impossible to completely eliminate your risk of contracting food poisoning. Below are precautions you can follow to decrease your chances of getting sick while traveling:



DO CONSUME

- Food that is cooked and served hot
- Hard-cooked eggs
- Fruits and vegetables you have washed in safe water or peeled yourself
- Pasteurized dairy products
- Water, sodas, or sports drinks that are bottled or sealed
- Water that has been disinfected (boiled, filtered, or treated)
- Hot coffee
- Hot tea
- Pasteurized milk
- Ice made with bottled or disinfected water

DON'T CONSUME

- Food served at room temperature
- Food from street vendors
- Raw or soft-cooked eggs
- Raw or undercooked (rare) meat or fish
- Unwashed or unpeeled raw fruits and vegetables
- Condiments (such as salsa) made with fresh ingredients
- Salads
- Bushmeat (monkeys, bats, or other wild game)
- Tap water, fountain drinks, flavored ice, popsicles, or ice made with well water
- Unpasteurized milk

In addition to these tips it is very important to wash your hands thoroughly and frequently, especially when traveling.

To learn more about food and water safety while traveling visit the CDC [Travelers' Health for Food and Water Safety](https://www.cdc.gov/travel/health-for-food-and-water-safety) webpage.



Food Recalls

Food recalls that affect California (either statespecific recalls or nationwide recalls) are posted on the [Division of Environmental Health Services Food Recall Page](#) Monday – Friday, excluding holidays. Food recalls are also posted on our social media sites.

You can sign up to receive emails about food recalls by going to www.recalls.gov/food.html and clicking on “Sign Up for Free Recall Updates by Email.” You will receive recall information from the Food and Drug Administration (FDA) and United States Department of Agriculture (USDA) via these emails.

If you have a smartphone, you can download the “Recalls.gov” app to view recalls on your phone. Additionally, you can type a product name into the app or use the app’s barcode scanner to see whether a product has been recalled.

Stay Connected to DEHS with Social Media

Follow our social media sites to get the latest news on food safety and foodborne illness prevention, mosquito and vector control, pool safety and drowning prevention, and more!

Environmental Health Today



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Salud Ambiental Para Hoy



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If you have any questions or comments, please contact Scott Stanley Scott.Stanley@dph.sbcounty.gov, Health Education Specialists, at 800-442-2283.

We appreciate the effort you make to protect the public’s health in our County.