



Traveller's Diarrhoea

Prevention & Treatment Checklist



TRAVELLER'S DIARRHOEA MANAGEMENT CHECKLIST

PREVENTION

- Travelan - take one capsule before each meal to stop the bacteria from getting into your system

Eat:

- Food that is cooked and served hot
- Hard-cooked and boiled eggs
- Fruits and vegetables, you have washed in clean water
- Pasteurized dairy products
- Probiotics - to reduce risk of diarrhoea and aid in recover
- Vaccination against cholera, typhoid
- Avoid:
 - Food served at room temperature
 - Food from street vendors
 - Raw or undercooked meat or fish
 - Raw fruits and vegetables you have not washed/peeled
 - Unpasteurized dairy products
 - "Bushmeat" (monkeys, bats, or other wild game)
- Drink:
 - Sealed bottled water
 - Water that has been disinfected
 - Ice made with bottled or disinfected water
 - Carbonated drinks
 - Hot coffee or tea
 - Pasteurized milk
- Avoid:
 - Tap or well water including flavoured drinks mixed in water
 - Ice made with tap or well water
 - Unpasteurized milk

TREATMENT

- Rehydration salts
- Diarrhoea medicine eg. loperamide
- Degas - reduces bloating
- Stomach cramp relief eg. Buscopan
- Antibiotics - speak to your doctor before you travel

Contact information for Australian travellers

Smart Traveller:

www.smartraveller.gov.au/COVID-19

The Australian Government provides 24-hour consular emergency assistance:

+61 2 6261 3305 from overseas

1300 555 135 from within Australia

Other non-urgent contacts:

www.smartraveller.gov.au/about-us/contact

Department of Health COVID-19 travel:

<https://www.health.gov.au/health-alerts/covid-19/international-travel>

Contact us:

travelhealthynow.com.au