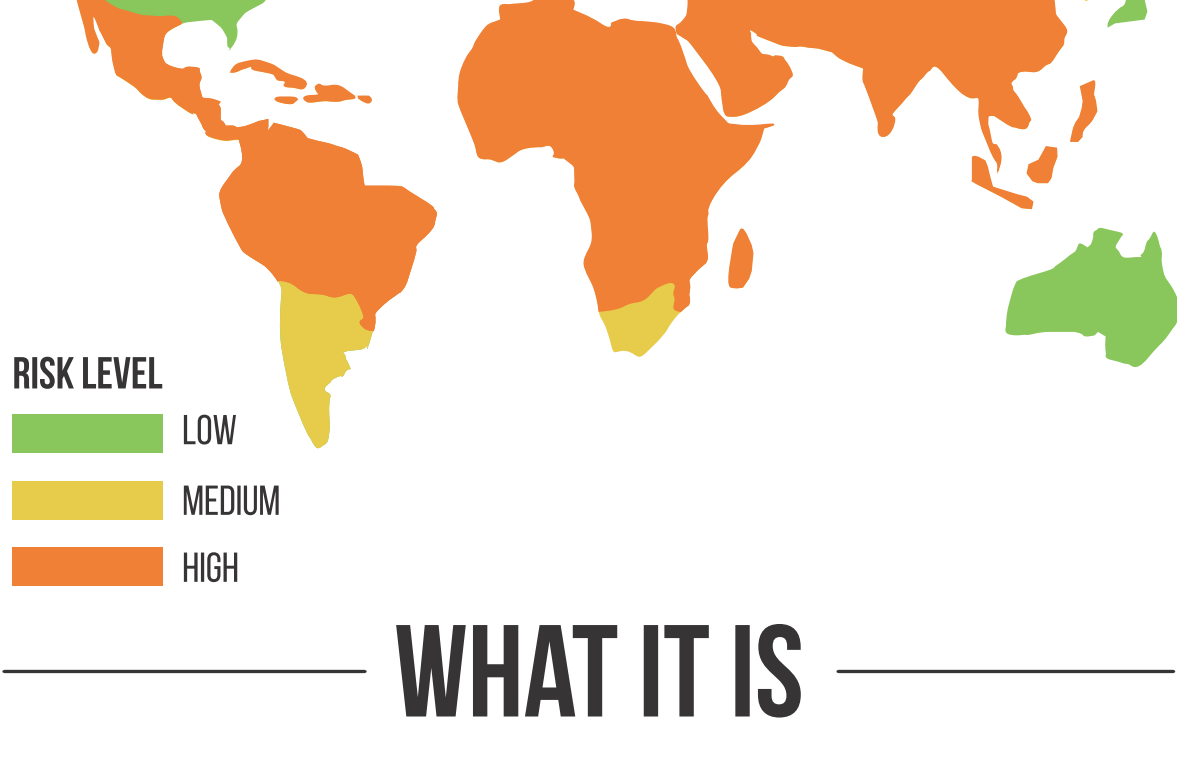


HOW TO AVOID THE SURPRISE OF TRAVELLER'S DIARRHEA

You've spent months preparing for your dream vacation, but what you haven't prepared for is coming down with a case of traveller's diarrhea. Before you leave home, make sure **everyone** in your travel party checks this guide to learn how to avoid unpleasant surprises!

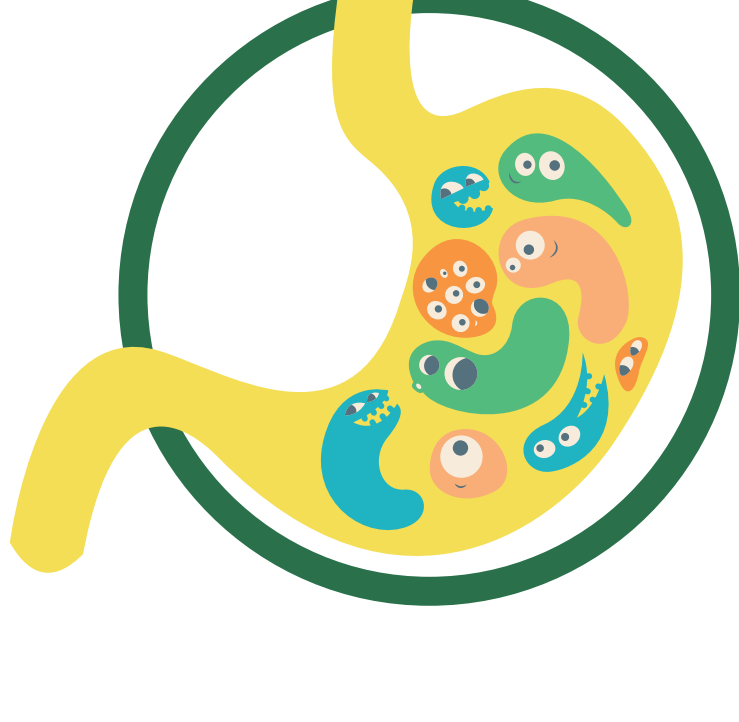
KNOW BEFORE YOU GO

RISK AREAS



WHAT IT IS

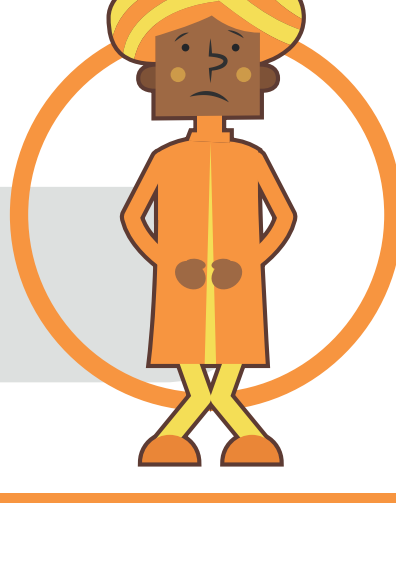
Stomach and intestinal infection that occurs from eating or drinking contaminated food or water.



WHAT IT'S CALLED



Montezuma's Revenge



Delhi Belly



Aztec Two-Step

TIPS

KEEP YOUR HANDS CLEAN



Wash your hands with soap and water often.

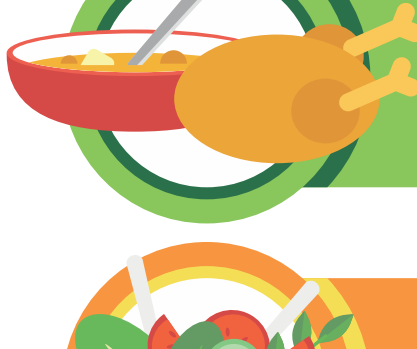


Use pre-packaged hand wipes or hand sanitizer.

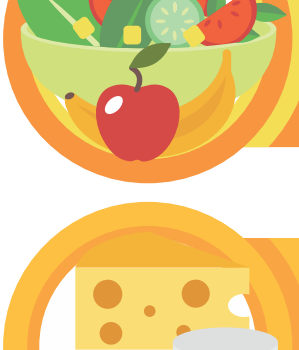


As a general rule, keep your hands away from your mouth.

WATCH WHAT YOU EAT



Choose foods that are cooked and served hot, avoid food that's been sitting around in a buffet.



Eat raw fruits and vegetables only if you've washed them with clean water or if you've peeled them.



Avoid dairy and uncooked meat or seafood.

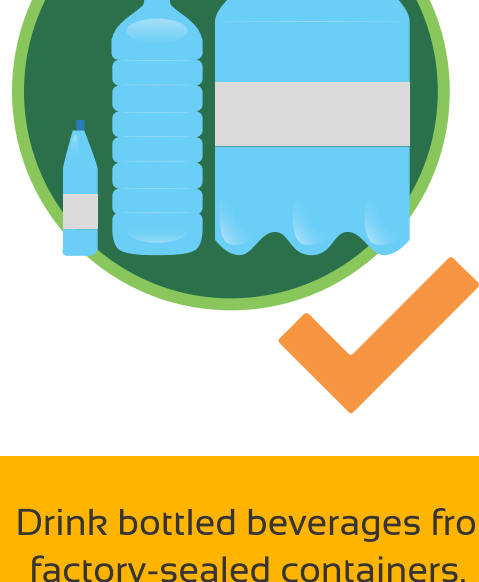


Choose a popular restaurant when you go out to eat. Usually, if a restaurant is crowded the food isn't left sitting around for long.

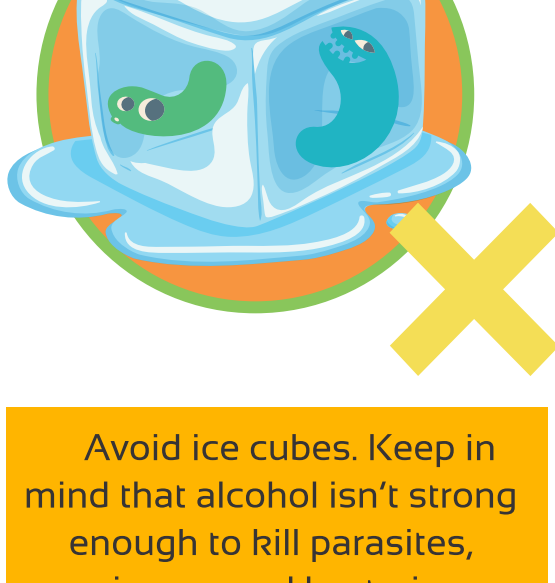
WATCH WHAT YOU DRINK



Avoid drinking tap water.



Drink bottled beverages from factory-sealed containers.



Avoid ice cubes. Keep in mind that alcohol isn't strong enough to kill parasites, viruses, and bacteria.



Use bottled water to mix baby formula or buy sealed premixed formula.

WHEN YOU'VE GOTTA GO

Remember to pack a travel medical kit that includes a natural medication like Fowler's Anti-Diarrheal Tablets or Anti-Diarrheal Oral Suspension. Fowler's can help you treat the symptoms of this tummy-turning illness before it ruins your long-awaited vacation.



www.fowlersrelief.ca