

FOOD & BEVERAGE SAFETY FOR THE INTERNATIONAL TRAVELER

What's Safer & What's Not

TRAVELERS' HEALTH ✈️
TRAVEL SAFE. TRAVEL SMART.

Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Take steps to avoid diarrhea when you travel.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

