



Water, Food and Health Tips

Food and Waterborne Diseases:

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. Travelers' diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout Central Africa and can contaminate food or water. Infections may cause diarrhea and vomiting (E. Coli, Salmonella, Cholera and Parasites), fever (Typhoid Fever and Toxoplasmosis), or liver damage (Hepatitis).

To Stay Healthy:

- Wash your hands often with water and soap if it's available. If hands are not visibly soiled, use a waterless, alcohol-based hand sanitizer to remove potentially infectious materials from your skin and help prevent disease transmission.
- In Zambia, we prefer that you drink only bottled or boiled water or carbonated drinks served in cans or bottles. Avoid tap water, fountain drinks and ice cubes.
- Take your malaria prevention medication before, during and after travel as directed. (See your healthcare provider for a prescription)
- To prevent fungal and parasitic infections, keep your feet clean and dry and treat any scrapes, wounds or blisters with an antibiotic ointment covered with a bandage.
- Protect yourself from mosquito and other insect bites:
 - Wear long-sleeved shirts, long pants and hats when outdoors, especially after sunset.
 - Use insect repellents that contain DEET (N, N-diethylmethyltoluamide).
 - If no screening or air conditioning is available: use a pyrethroid-containing spray in the living and sleeping areas during evening and night-time hours. Sleep under bed nets, preferably insecticide-treated ones if available.

Do Not:

- Do not eat food purchased from street vendors or food that is not well cooked. This will reduce the risk of infection (i.e., Hepatitis A and Typhoid Fever).
- Do not drink beverages with ice unless approved by your Trek leader.
- Do not swim in fresh water to avoid exposure to certain water-borne diseases.

