

Food and water safety checklist:

If you're worried about the food and water where you're staying here are some safety precautions.

Water

- ✓ **Don't drink or brush your teeth in tap water**
- ✓ **Only use filtered, bottled, boiled or chemically treated water**
- ✓ **Don't put ice in your drinks**
- ✓ **If you need to purify water, boil it or use purifying tablets**

Foods to avoid

- ✓ **Salads and uncooked fruits and vegetables unless you've washed or peeled them yourself**
- ✓ **Food that's been left out, such as in an open buffet**
- ✓ **Dairy products such as unpasteurised milk, cheese and ice cream**
- ✓ **Raw or uncooked shellfish or seafood**
- ✓ **Food from street traders, unless it's been recently prepared and is served hot**

