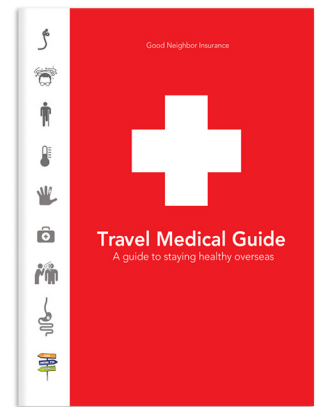


EXCERPT FROM THE "TRAVEL MEDICAL GUIDE" OFFERED BY:

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HOW TO AVOID GETTING TRAVELERS DIARRHEA, GIARDIA, HEPATITIS A, TYPHOID, DYSENTERY, POLIO, CHOLERA OR OTHER ILLNESSES TRANSMITTED BY UNCLEAN WATER.



**HOW TO
MAKE SURE YOUR
WATER IS SAFE TO DRINK**



**& HOW TO
TRAVEL SAFELY**



Clean water and water safety

Clean water is essential to both your health and safe drinking/food preparation overseas.

30%-70% of travelers this year will get travelers diarrhea (or even giardia, hepatitis A, typhoid, dysentery, polio, cholera or other illnesses) from unclean water overseas.



While diarrhea is the most widely known disease linked to contaminated water, almost 240 million people will also be affected by *schistosomiasis* – an acute and chronic disease caused by parasitic worms/parasitic disease contracted through exposure to infested water.



Take a proper filter or use only safe or bottled water even when taking pills or when brushing your teeth. Take care opening bottled water due to germs around the cap. Understand that showering and swimming can also put you at risk. Likewise, you can filter water, but if you rinse hands or food containers/utensils with questionable water, or put your mouth directly on water bottles or soda cans without sterilizing them, you stand a strong chance of infection. Take care when eating out. **Train your team members and children safe drinking habits.**

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Ensuring a safe water supply:

There is a difference between a **trip abroad** and **living overseas** when trying to protect yourself. They require different strategies to stay safe.

and Lifestraw Family, & MSR Guardian all filter viruses and eliminate waste plastic and need for bottled water.



1.) Purification/Not just Filtration – There is a difference between water filtration and purification. Brands like Brita and PUR will not protect you, and should never be used for anything but water from a safe clean water source. You will want to protect against:

2.) Boiling – Known as “heat disinfection.” **This is the only foolproof treatment method, however it may still taste bad or be cloudy.**

Start by bringing water to a rolling boil for at least one minute. Doing so will kill most types of disease-causing organisms that may be present. If the water is cloudy, you may want to filter it through a clean cloth, or allow it to settle first, and draw off the clear water for boiling. At an altitude greater than 6,562 feet, boil the water for 3 minutes.



Protozoa & Cysts – Single-cell parasites; Tiny (between 1 and 20 microns). Easiest to filter out.

Bacteria – Very tiny (0.1 to 10 microns).

Viruses – (hepatitis A, rotavirus, enterovirus, norovirus) Exceptionally tiny (0.005 to 0.1 micron).

3.) Sterilization – In an emergency, add 8 drops of 6% bleach, or 6 drops of 8.25% bleach, to each gallon of water to disinfect it. Double the amount of bleach if the water is cloudy, colored, or very cold. Stir. Then let stand for 30 minutes before drinking.



Good water purifiers for overseas usage are able to rid water of all three health threats compared to those filters used by backpackers and campers that aren't nearly as effective against viruses.

Chlorine in bleach effectively kills a large variety of microbial waterborne pathogens, including those that can cause typhoid fever, dysentery, cholera and Legionnaires' disease. However, this method kills some, but not all, types of disease-causing organisms that may be in the water.



Water filters/purifiers should be able to be “backwashed” (clean water only), so they do not require replacing filters which may be hard to locate overseas. Sawyer Point ZeroTWO Purifier and S3, Grayl, Lifestraw Mission

Adding two drops of household chlorine bleach per gallon of already filtered or boiled water can also maintain water quality for storage.