



# **A Guide on Safe Food for Travellers: How to Avoid Illness Caused by Unsafe Food and Drink and What to Do if you Get Diarrhoea**

*WHO Division on Food Safety*

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This item is sold in packs of 50.

This leaflet can help travellers avoid illnesses caused by unsafe food and drink. The leaflet, which has four pages, responds to the frequency of foodborne disease in international travellers and the need to take appropriate precautions. The leaflet gives practical advice and basic hints on how to eat safely, and what to do in case of diarrhoea. Information in the leaflet was prepared by the WHO programs on Food Safety and Diarrhoeal Disease Control, and has been endorsed by the World Tourism Organization and the International Tourist Health Association.

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