



Travelling allows us endless opportunities to be exposed to new sights, sounds, smells, tastes, experiences and new people.

### **Did you know?**

- ▲ Travellers' diarrhea is a common problem for Canadians travelling to a developing country
- ▲ During a two week trip, up to 50% of people will have one or more episodes of travellers' diarrhea
- ▲ An episode of travellers' diarrhea can last 3 - 5 days

### **Travellers' Diarrhea is usually caused by contaminated food.**

The most common cause of travellers' diarrhea is food contaminated with bacteria called enterotoxigenic *E. coli* (ETEC). Travellers' diarrhea can also be caused by contaminated water.

In addition to the sage advice "Boil it, peel it, cook it ... or forget it!", a new, easy-to-take oral vaccine may also lower your chances of developing travellers' diarrhea while you are away.



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**Plan ahead – help protect against travellers' diarrhea**

For more information visit us at [www.travellersdiarrhea.com](http://www.travellersdiarrhea.com)