

Food Safety When Traveling to Other Countries

Stay safe while traveling. Take extra precautions to avoid getting ill from food.



The rules for eating out or at home still apply in foreign places, also:

- Ask how a dish is made unless you are confident it does not contain raw or undercooked animal products.
- Food ordered hot must be served hot.
- In many countries, do not eat raw fruit and vegetables that you haven't washed thoroughly and/or peeled yourself.
- Do not eat raw or undercooked seafood or meat, unpasteurized dairy products, or anything from a street vendor.

A word on water:

If you are in a place where water may not be safe:

- Boil all water for 1 minute.
- Only drink beverages made with boiled water.
- Canned or carbonated bottled drinks are safe.
 - Ice should be made of boiled water.
 - Hot coffee or tea should be safe.

Why? Water can be contaminated with a variety of germs, including the parasite *Cryptosporidium*, which can make you very sick!

Make sure you eat healthy and get plenty of rest on your vacation. Your immune system will thank you!

For More Information:

Food and Drug Administration
<http://www.cfsan.fda.gov/~mow/intro.html>

Food Safety and Inspection Service
www.fsis.usda.gov

Government Food Safety Information
<http://www.foodsafety.gov/~fsg/fsgpath.html>

Centers for Disease Control and Prevention—
Foodborne Diseases
<http://www.cdc.gov/hiv/pubs/brochure.htm>

Washington State University
<http://foodsafety.wsu.edu>

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Eating Away from Home & Traveling



Safe tips for avoiding foodborne illness while eating out and traveling for the person living with HIV/AIDS





Eating Away from Home

People infected with HIV are more likely to contract a foodborne illness than other people.

Eating out can be a wonderful experience, but... don't take any chances!

Here are a few valuable tips:

- It's OK to ask how a particular dish is made.
 - ✓ Ask whether it contains raw ingredients such as eggs, meat, or fish.
 - ✓ Ask how the meat is cooked.
 - ✓ Remember to order food *well done*.
- If meat is served rare or bloody, send it back to the kitchen for further cooking.
- Fish should be flaky, not rubbery when you cut it.
- Order fried eggs cooked on both sides until both the white and the yolk are firm. Scrambled eggs should be cooked until they are not runny.

For added safety:

Order your meal from the menu. Avoid salad bars and buffets because of the risk others have contaminated the food when they dished up their plates.

If you bring leftover food home, refrigerate it immediately. If you order take-out food, refrigerate or eat it within 2 hours. (*Do not keep food out of the refrigerator longer than 2 hours*). Discard leftovers after 4 days. Bacteria grow quickly at room temperature.



When eating away from home choose...

- **Soft cheeses made with pasteurized milk.**

Why? Soft cheeses such as Feta, Brie, Camembert, blue-veined cheese, queso blanco, queso fresco, and Panela are sometimes made with raw, unpasteurized milk and may contain harmful bacteria.



- **Hot dishes with pre-cooked seafood or smoked fish** (instead of seafood served cold).

Why? Some smoked fish is NOT heated to high enough temperatures to kill bacteria. Pre-cooked seafood may be contaminated after cooking. Long storage times allow bacteria, such as *Listeria*, to grow.

- **Hot dogs heated to steaming hot** (avoid hot dogs that are served cold).



Why? Hot dogs can become contaminated AFTER processing. During the long storage time, *Listeria* can grow to high levels. Reheating kills *Listeria*.

- **Grilled sandwiches in which the meat is heated** (instead of sandwiches with cold deli meat).

Why? Deli meat and lunch meats can become contaminated after processing. During the long storage time, *Listeria* can grow to high levels. Reheating kills *Listeria*.

- **Fully cooked shellfish** such as steamed clams, mussels, and fried oysters (instead of raw or undercooked shellfish).

Why? Harmful bacteria and viruses may be in raw or undercooked seafood.



Avoid the same risky foods you would avoid at home. Make sure foods are prepared as safely as if you were at home.

- **Fully cooked fish** that is firm and flaky (instead of raw or under-cooked fish, such as sushi or sashimi).

Why? Harmful germs are found in raw or undercooked seafood.

- **Fully cooked eggs** so that the white and the yolk are firm.

Why? Eggs may contain *Salmonella* inside or outside the eggshell. Cooking or pasteurizing eggs kills *Salmonella*.

When foods that contain eggs are sold in grocery stores, it is almost certain that pasteurized (heated) eggs were used to make the food. Sometimes these foods are made with raw eggs when prepared at restaurants or at home. Foods that may contain raw or undercooked eggs include Hollandaise-type sauces, Caesar salad dressing, and some desserts. Ask your server if you suspect a food may have been made with raw eggs.

- Dishes that **do not have raw sprouts**.

Why? The seed and the sprout may contain *E.coli O157:H7* or *Salmonella*. Washing sprouts does NOT make them safe to eat.

Many restaurants put raw sprouts on salads and sandwiches. When ordering, tell your server not to include raw sprouts with your meal. Cooked sprouts are okay to eat.