

Making it crystal clear

Did you know you have a one in two chance of getting traveller's diarrhoea during a two-week trip to a developing country?

Call it the trots, the runs, Delhi Belly, Pharaoh's Revenge or the Aztec Quickstep, the effects are the same: gripes and gloom. The biggest culprits are unclean water and dirty hands but taking the right precautions will reduce the chances of catching a bug.

Know your water supply - top tips

1. **Boil it.** Boiling is the most effective way to treat water. Boil at a vigorous rolling boil for a full minute or for at least three minutes at over 2000 metres altitude.
2. **Filter it.** Filtering will remove most bugs and involves passing water through a very fine filter. The water is usually treated with a chemical as well, as part of the process. At InterHealth we supply [Aquapure Travellers](#). These are handy sports-shaped bottles which filter the water and treat it with iodine, removing viruses, bacteria, waterborne pathogens and heavy metals.
3. **Treat it.** The newest product available is [chlorine dioxide](#). This has been used for many years to treat drinking water from taps in the UK but has recently been developed into a portable formulation making it easy to carry. It will kill bacteria, viruses and cysts, but the water should be visibly clean before it is treated.
4. **Heat it.** Fill clean containers with clear water and place them in the tropical sun. Allow at least 6 hours for conditions ranging from half cloudy to full sun. If it's more cloudy than this don't use this method. This is known as the [SODIS system](#). If there is any possibility of chemical contamination don't drink the water.

Always wash your hands before eating and preparing food. If clean water and soap aren't available consider an [antibacterial hand gel/dry wash](#). This will kill the germs and prevent them from being transferred to your mouth.

Keep yourself clean. Germs spread quickly in hot weather and washing twice a day will help to prevent boils and skin infections. We have a range of [washing supplies](#) designed to help you stay clean whilst travelling, and maintaining good personal hygiene will benefit you and your travelling companions!

More detailed information about water safety and staying healthy overseas can be found in Dr Ted Lankester's [The Traveller's Good Health Guide](#).



All your essential for global travel

Don't forget to keep stocked up on medical supplies and travel equipment. Our TravelShop provides you with access to a wide range of travel equipment and medicines, ideal for staying healthy in all conditions, including water purification.

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