

Tips for Staying Healthy on a Project

- Wash hands frequently with soap and water. If soap and water are not available, use a non-water based hand sanitizer - ***bring this with you.***
- Drink plenty of clear fluids and don't drink beverages with ice.
- Drink only bottled or filtered water. ***Bring a refillable water bottle (wide mouth) to use each day.***
- Brush your teeth using bottled water and keep your mouth closed while in the shower!
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: boil it, cook it, peel it, or forget it!
- Rest when you need it and continue to take all the same healthcare measures that you would if you were back home in North America – e.g. take your medications as prescribed by your provider.
- Don't eat food purchased from street vendors.
- Don't eat dairy products unless you know they have been pasteurized.
- There are insects wherever you go, so we recommend you bring repellent