

**Mayo Clinic Minute: Tips to avoid traveler's diarrhea**

VIDEO	AUDIO
	Want to avoid flushing your international vacation down the drain? Watch out for the water.
<b>GRAPHIC: Cindy Kermott, M.D. Preventive Medicine Mayo Clinic</b>	“Traveler’s diarrhea can be caused by a virus or bacteria, but they are always associated with water.”
	Dr. Cindy Kermott, a Mayo Clinic preventive medicine specialist, says contaminated water is the No. 1 cause of traveler’s diarrhea, which usually isn’t serious but can be very unpleasant.
<b>Dr. Kermott</b>	“You are good with bottled water. You are good with boiled water.”
	Another thing to avoid in your drinks is ice cubes.
<b>Dr. Kermott</b>	“You don’t think about water in ice cubes.”
	And it’s not just avoiding drinking water, but also water that is used to clean food.
<b>Dr. Kermott</b>	“You have to think about fruits and vegetables that are raw that are washed in water. You cannot have those.”
	Fresh fruit is fine, as long as you peel it yourself. And, as far as other food, make sure it’s well-done. Avoid eating anything raw or semicooked.
	For the Mayo Clinic News Network, I’m Jason Howland.