

What to Do If Turista Strikes



If you avoid risky food and water and still come down with traveler's sickness, do this:

- To prevent dehydration, drink plenty of bottled water and rehydrating drinks like Gatorade.
- Drink beverages from original containers that you break the seal to open.
- Don't take over-the-counter diarrhea medications like Enterovioform or Mesaform available in foreign countries. According to the Food and Drug Administration, these medicines aren't safe.
- See a doctor if diarrhea continues for more than three days, if you have blood in your stool, or if diarrhea is accompanied by fever. You may need an antibiotic.