

Consume without regrets

Different countries, different customs – but also different pathogens and different water quality conditions. What travellers should bear in mind when handling food in the tropics and subtropics.

Follow the recommendations of the tour guide and avoid places with a bad reputation.



Select packaged drinking water



Cook it, peel it or leave it!

If you want to protect yourself from food-borne infections, peel raw fruit and vegetables before consumption and avoid leafy salads. Eat animal products such as meat, seafood and eggs only cooked.

Packaged ice cream only

It's best to avoid ice cream which is sold on the street for hygiene reasons. Industrially produced, packaged ice cream is preferable.



Cold drinks

Drinks cooled with ice cubes can contain pathogens. Therefore, ice cubes should be made from hygienically safe (boiled) drinking water. But you don't usually know that.



Fish gourmets beware

Fish and shellfish in (sub-)tropical waters can contain toxins – ciguatoxins – that cause gastrointestinal, neurological and cardiovascular disorders. Ciguatoxins are not inactivated by heating. Those who inform themselves locally about affected species and do not eat fish they have caught themselves are on the safe side.



Hot and tasty food only

It's best to return lukewarm food or food that tastes strange, bitter or fermented. It may contain pathogens or toxins (toxins formed by bacteria) because it has not been heated sufficiently or has been kept warm for a long time.

More information:

- www.bfr.bund.de/en > A-Z Index: Ciguatera
- www.rki.de > Infektionsschutz > Infektionskrankheiten A-Z (in German)
- www.auswaertiges-amt.de > Sicher reisen > Reisen und Gesundheit (in German)