

Traveler's Health Guide (2)

2. Common Communicable Diseases

Various communicable diseases exist in various parts of the world. When traveling, one ought to have some basic knowledge of these diseases. In South-east Asia, Middle East, Africa, Central and Latin Americas, and Mainland China, there are communicable diseases that are rarely seen in Taiwan Area. In particular, when visiting places of poorer sanitary conditions, one ought to be more concerned with ways to prevent the infection of these communicable diseases. Communicable diseases are transmitted through:

Orally Transmitted Diseases:

- (1) foods:
 - a. not to eat foods sold by street pedlars;
 - b. not to eat raw fish, shellfish, or meat;
 - c. not to eat fish, shellfish and clams that are merely salted and steeped;
 - d. not to eat food left in room temperature too long.
- (2) drinking water:

not to drink water from tap or underground water in developing areas. Always carry boiled water from hotel or drink canned water.
- (3) utensils:
 - a. use restaurant towel to wipe hands not the face;
 - b. when visiting a developing area, carry your own disposable plates and cups if possible.
- (4) others:

Eat at a clean restaurant. If not available, please eat cooked food. Do not overeat.

Director-General, Department of Health Chun-Jen Shih, MD. Director, Bureau of Disease Control Cheng-Hua Chuang, MD.
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Editors Yue-Fen Wang, DDS, MF. Shiow-Ing Wu, DDS, MPH. Chao-Chun Shu, MPH.

Consulting Editors Kwo-Hsiung Hsu, MS. Hsu-Mei Hsu, MS. MPH.
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REPUBLIC OF CHINA
EXECUTIVE YUAN
DEPARTMENT OF HEALTH
BUREAU OF DISEASE CONTROL
P.O. BOX 91-103 TAIPEI, TAIWAN, R.O.C.
TEL: (02) 3921932

**R.O.C. EXECUTIVE YUAN/G.I.O. PUBLICATION NO 4485
PRINTED BY FEAN YANG PRINTING ENTERPRISE CO., LTD.
12, LANE 62, SIN SHAN S. ROAD, SEC. 2, TAIPEI**