



Dedicated to Providing the Ultimate Health & Hygiene Protection for Travellers

Protection Against Water-borne Disease

Risking your health on holiday can be as simple as coming into contact with or drinking contaminated water, which can lead to serious illnesses such as Typhoid Fever. It is best to use safe and clean water for all purposes, from washing fruit and vegetables and making ice cubes, to brushing your teeth and washing contact lenses. Make sure you carry a water treatment with you. Water can be treated safely and quickly using Chlorine Dioxide tablets or drops.

How Does the Water Treatment Work?

Biox Aqua tablets and drops contain a powerful Chlorine Dioxide biocide, providing the safest and most effective water treatment available. They kill a wide range of bacteria, viruses and cysts in the water and do not leave any bad tastes or colours behind. Easy to use, add the tablets to your water bottle before shaking. Watch the video to learn more.

Are There Any Other Ways I Can Protect Myself?

Yes, this list can serve as a reminder whilst on your travels:

- Wash hands frequently
- Disinfect food preparation areas with Hysan surface spray to kill 99.9% of germs in 30 seconds
- Don't trust bottled water sold by locals, some bottles may be filled with tap water which is then sealed and sold as purified water
- Do not drink water from a stream, spring, river, lake or shallow well. Assume the water is contaminated. Disinfect water with a water treatment before consumption
- Avoid flavoured ices and ask for drinks without ice unless the ice is made from boiled or clean bottled water



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- Do not eat raw meat, shellfish, unpasteurised milk, or uncooked fruits and vegetables unless peeled by yourself
- Avoid food sold by street vendors
- Remember the rule of thumb “Disinfect it, boil it, cook it, peel it, or forget it”

Common Waterborne Illnesses

Many of these illnesses are parasitic diseases of the gastrointestinal tract, which have nasty side effects such as diarrhoea, nausea and dehydration, and in extreme cases liver failure and death. Ingestion of contaminated water and food, or poor hygiene and sanitation can lead to these nasty bugs taking hold. It is therefore essential to protect yourself.

- Travellers' Diarrhoea
- E-coli
- Cholera
- Typhoid Fever
- Campylobacter
- Giardia
- Cryptosporidiosis
- Salmonella
- Dysentery
- Hepatitis A, E

For more information on these diseases, check out The World Health Organisation's [Water Sanitation Health](#) page.

Every effort is taken to ensure that the information published on this website is accurate and informative. It is not intended to replace a consultation with an appropriately qualified medical practitioner.

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