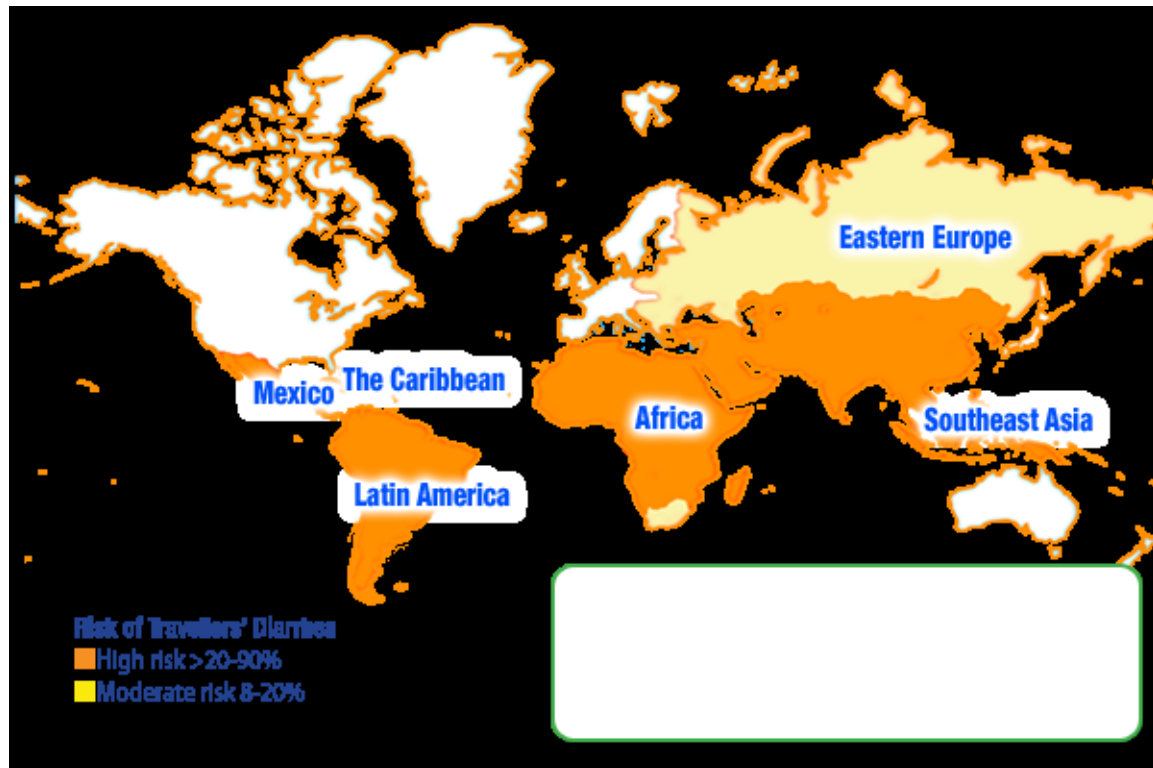


## ADVICE ON TRAVELLER'S DIARRHEA AND DUKORAL

Don't let traveller's diarrhea affect your Olympic experience! Sochi, Russia is in an area at moderate risk for traveller's diarrhea, with areas of high risk close by:



Of travellers to high-risk areas, 98% consumed food or beverages that would put them at risk of travellers' diarrhea within the first 3 days of their trip. (This information taken from website for Dukoral®)

Travellers' diarrhea is most commonly caused by a bacterium called Enterotoxigenic Escherichia coli (ETEC). Human or animal wastes (feces) are the primary source of ETEC contamination. If you eat food or drink water or ice that is contaminated with ETEC, you are at risk of getting travellers' diarrhea. It can also be caused by other bacteria (including Cholera – *Vibrio cholera*), viruses and protozoa (parasites).

Travellers' diarrhea spreads very easily from person to person. If one person in your group contracts travellers' diarrhea, others in your group may get it as well.

The most effective treatment is PREVENTION. Avoid drinking beverages with ice cubes or crushed ice, brushing your teeth with tap water, consuming salads and uncooked vegetables or fruits that cannot be peeled, or sampling local cuisine from street vendors. (Cholera can be acquired from undercooked or raw shellfish or fish). **Drink ONLY bottled water and other beverages.** Wash your hands frequently!

In addition to these measures, there is a drinkable vaccine called DUKORAL® (made from inactivated strains of these bacteria) that can help to prevent infections with ETEC (and cholera). Because there are other causes of travellers' diarrhea, it is very important to continue with the hygienic and preventative measures listed above.

DUKORAL® is a raspberry flavored oral vaccine. You can purchase it without a prescription at a pharmacy (approximately \$75). The vaccine must be refrigerated. The vaccine and a powdered



sodium hydrogen carbonate buffer (comes in a separate package in the kit) are mixed with cool water immediately before taking it.

**How to take it:**

2 doses 1 week apart, starting 2 weeks before travel. Side effects are minimal. This will give 3 months protection against traveller's diarrhea from ETEC, and 2 years protection against cholera. The vaccine is about 70% effective against ETEC and 85% protective against cholera. Because there are other causes of travellers' diarrhea, overall protection is estimated to be somewhat lower.

If you have taken DUKORAL® in the last 5 years, a single dose will renew your protection. A single-dose DUKORAL® Booster format is available from your pharmacist, and should be taken 1 week before you travel. Please consult with your doctor or pharmacist in regards to the above information.