



Food Safety During Overseas Travel

Hygiene conditions abroad may differ from those in Japan. Since the risk of infectious diseases transmitted through food and drinking water can be higher, it is important to take extra precautions. Depending on your travel destination, vaccination against hepatitis A, typhoid fever, and polio may be necessary. Please consult the Health Administration Center.

海外では

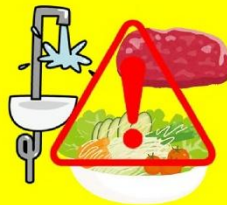
生の食べ物・水にご注意を！

▶ **生水**を飲まないようにしましょう

▶ **氷**を避けるようにしましょう

▶ **生の野菜や生卵**は避けましょう

▶ **加熱不十分な肉**は避けましょう



手洗いを
こまめに行い
食中毒を
予防しましょう



 厚生労働省
ひと、くらし、みらいのために
Ministry of Health, Labour and Welfare

海外留学 健康の手引き

provides detailed information on preparations and precautions for international travel.

Once your plans to travel overseas are confirmed, be sure to read this guide first.



(Available on Health Administration Center website > Study abroad)

Source: Quarantine Station, Ministry of Health, Labour and Welfare
FORTH 「海外では生の食べ物・水にご注意を！」

Health Administration Center provides consultations on health management and vaccinations related to overseas travel. Please feel free to contact us.