



**HOW NOT TO GET  
SICK WHEN  
TRAVELING TO  
MEXICO 🤒**



**LET'S TRAVEL TO  
MEXICO**



# How Not to Get Sick When Traveling to Mexico

Hey, this is Isabella, the founder of Let's travel to Mexico. I am an Italian expat living in Mexico for the past 12 years and I hope for many more to come. I remember very well the first time I came to Mexico. It was my first destination across the pond that I was traveling to on my own and everything was so... different and new. Little did I know that I would fall in love with this amazing country and let alone that it would eventually become my second home. The first challenge I had was not to get sick every time I was eating something different or exploring a new place. With time and experience, I became smarter and now I am going to share the tricks I have learned in this short guide! I hope it helps!

## 1 Don't drink tap water

Tap water is not drinkable unless they tell you so, in case a special water purifier is being used. Make sure you have always a bottle of purified water or natural spring water (agua de manantial) with you. Even better if you buy a refillable water bottle and top it up at a restaurant, a cafe or in your hotel.

## 2 You can eat greens, ice and coffee

It is a common myth that tourists must avoid greens, meaning any leafy vegetables consumed raw (lettuce, for example). But you can eat them as they are usually rinsed with purified water! And the same applies for ICE and coffee.

## 3 Drink a lot of water

Especially in beach destinations it's really hot and the sun is strong, so make sure you stay hydrated. Keep a refillable water bottle with you and top it up every time you can.



#### **4 Enjoy the street food but be smart about it**

Street food is one of Mexico's most popular delicacies, as their typical best meals are cooked by street vendors. However, not all of them are good, and not all of them offer good fresh products and hygiene practices. Go where you see a long line.

#### **5 Always carry wet wipes with you**

Make sure you keep your hands clean, always! Especially if you travel by local transportation and not just because of the pandemic.

#### **6 The sun is strong even beneath the clouds**

Make sure you are wearing sunblock even on a cloudy day especially if you are on the Mexican coast. It's very easy to get a sunburn that will spoil your vacation. Make sure it's eco-friendly though and shower it off before swimming in a cenote.

#### **7 Use eco-friendly mosquito repellent**

There are a lot of mosquitoes, especially in the wet season and there have been random cases of Zika and other mosquito-related diseases. A good mosquito repellent may protect you.

#### **8 Beware of the altitude in certain cities**

Mexico is not just a giant beach as many may think. It's a vast country with different kinds of climates, and altitudes. Mexico City, for example, sits at 2240 mt (7900 ft) which can be quite disruptive for your body. Watch for the symptoms, drink a lot of water, avoid alcohol and see a doctor if you keep feeling off.

#### **9 Get a travel insurance before leaving your country**

You never know what can happen and the good hospitals in Mexico are very expensive. I use [World Nomads](#) which is pretty comprehensive and it give me peace of mind.

**HAPPY TRAVELS!!**  
*Isabella*