



Eat, Drink, & Stay Healthy While Traveling



The movie "[Don't Drink the Water](#)" is a 1969 [fish-out-of-water](#) tale about an American family accidentally suspected of espionage behind the Iron Curtain. The name of the film comes from a warning to those traveling outside the U.S., that for some destinations stills hold true today. The main culprit is bacteria, but for delicate stomachs just the difference in the minerals and otherwise harmless content in the water can be a shock.

But it's not just unfamiliar water that can make one sick. Poor sanitary conditions can also make eating certain foods risky as well, even in restaurants. **Travel Insured International** has a highly informative blog post about [avoiding the most common](#)

[food risks](#) while traveling.

The TII [travel blog](#) covers a myriad of travel related subjects, including sleeping on flights, honeymoon planning tips, using a cellphone abroad, and picking the right hotel, just to name a few.

Travel Insurance can cover accident and sickness medical expense, emergency medical evacuation/repatriation, trip delays, cancellation, interruption, missed connections due to severe weather or many others reasons outside the traveler's control.

Obtaining coverage is easy:

- Review the [product guide](#) and [comparison chart](#) with your client.¹
- When you are ready for coverage to be issued, click on "Request a Quote" in [Big "I" Markets](#) and provide the necessary information. A credit card will be required to issue coverage.
- Coverage will be issued and confirmed in Big "I" Markets.

Travel Insurance is currently available to members in all states.

¹ Rates, waiting periods, and coverages can vary in FL, IA, KS, NY & WA.