

**I have travelers' diarrhea
(≥ 3 liquid stools per 24h)**

I keep myself hydrated with an oral rehydration solution (ex : Gastrolyte®)

How do I feel?

**I go to the bathroom often
BUT
I can still do my planned activities**

No treatment

I may take...

**Bismuth subsalicylate (Pepto-Bismol®)
for 48h maximum (≥age 2)
OR
Loperamide (Imodium®)
for 48h maximum (≥age 12)**

**The diarrhea prevents me from doing certain activities
BUT
I do not feel sick**

**I take Loperamide (Imodium®)
for 48h maximum (≥age 12)**


**I see a doctor URGENTLY
if I have FEVER during of after a trip
to a country with MALARIA !**

**I cannot do ANY activities
OR
I feel SICK (fever, stomach pain,
severe nausea or vomitting, etc.)
OR
There is BLOOD mixed in my stools**

**I take an antibiotic for 1 to 3 days,
until I feel better**

- Ciprofloxacin (Cipro®)
- OR**
- Azithromycin (Zithromax®)

**Treatment should be continued for 3 days
if there is blood mixed in the stools**

AND

**I take loperamide (Imodium®) as needed,
for 48h maximum (≥age 12)**