

Preventing Nausea and Diarrhoea - Email Series

Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about preventing Nausea and Diarrhoea. Please feel free to share this with your employees; you may also wish to include information on any telehealth services (if available) and other health plan features.



email 1



Nausea & Diarrhoea - Risk Factors and Prevention

We all know the signs and symptoms of nausea and diarrhoea - first you might lose your appetite, or feel like you're about to be sick. You may feel dizzy and lightheaded, or have stomach cramps; you may even break out into a cold sweat. This may be a sign that something sinister has entered your body – Bacteria! Viruses! Even Parasites! But where do these things come from? There might be unhealthy organisms lurking in your food and water, traveling into your body and making you sick. So what can you do about it?

Over the next few days, we'll provide you with information on how to protect yourself by avoiding foodborne and waterborne illness. In the meantime, we invite you to watch this video to learn about causes, risk factors and prevention: geb.com/nausea-diarrhoea

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The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

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Preventing Nausea & Diarrhoea

To prevent Nausea & Diarrhoea caused by **foodborne illness**:

- Always wash your hands with soap and clean water before eating or preparing food
- Wash fruits and vegetables with clean water before eating and cooking
- Keep meat & dairy products refrigerated until you're ready to consume/cook with them
- Be aware of food expiration dates
- Check food visually and by smell to detect any suspicious odors
- Always keep raw food separate from other food to prevent cross-contamination
- To kill bacteria, food must be cooked thoroughly
- Don't forget to regularly disinfect work surfaces & equipment

Waterborne diseases can also be transmitted through drinking water. Tap water is not drinkable in many countries, so if you're unsure of water quality, take appropriate precautions:

- Use bottled water to brush your teeth
- Stay away from ice cubes
- Always carry enough clean water with you while traveling.

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