



### Medical Advisory Committee

#### **Water Statement and Guidelines for Pan Am Maccabi Games 2019- Team Members**

The Maccabi USA Medical Advisory Committee advises that any team members participating in the 2019 Pan American Maccabi Games take caution in the consumption of liquids in Mexico City. The Committee recommends that team members not consume water from the tap or ice unless specifically advised that the water has been properly treated. Team members should also take caution when consuming juices or fountain beverages when water has been added, and when maintaining personal hygiene (brushing teeth and showering). Bottled water is the preferred source for all team members. If team members have specific questions about the safety of their beverages, they can speak with a Maccabi USA Manager or Medical Team Member at the Games. Should a team member experience symptoms of Montezuma's Revenge, they should seek treatment from the medical team immediately; symptoms can often worsen or be representative of other illnesses.

#### Symptoms of Montezuma's Revenge:

- Diarrhea
- Fever
- Nausea/Vomiting
- Painful bloating
- Stomach cramps
- Loss of appetite

#### Where to take caution:

- Untreated tap water
- Untreated ice
- Unwashed fruit and vegetables, salads
- Fountain beverage and fruit juices
- Do not brush teeth with tap water

#### How to remain hydrated:

- Drink bottled beverages
- Utilize electrolyte packs
- Beverages from boiled water (coffee/tea)

Finally, and possibly most important, it is better to seek treatment from the medical team early than to allow symptoms to worsen.

Dr. Marc Backal, *Medical Advisory Committee Chair*

Dr. Merrick Wetzler

Summer Runestad, ATC, OTC, PES, CES

Julie Tucker, MS, ATC, LAT

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