



Seniors who travel to such exotic destinations as Beijing, Tokyo, Moscow, Cairo and Santiago often have sanitation problems. Foreign restrooms not only have challenges on how to use the facilities, some are just plain filthy.

When ya gotta go, ya gotta go, and there are ways to meet the cleanliness challenges. Always carry basic kits, including disposable medicated wipes and small bottled or spray cleaner. Also have meds to deal with sudden attacks of diarrhea. Generally, to limit urgent need for potentially dangerous toilets, avoid unfamiliar ethnic and street vendor foods.