

BEFORE YOU GO

Individual health assessment

Your risk of becoming sick or injured while abroad depends on a number of factors, including:

- age;
- sex;
- immunization status;
- current state of health and pre-existing medical conditions;
- destination;
- length of stay;
- climate and season;
- type of accommodation;
- itinerary and activities; and
- local conditions.

Based on these factors, a health care provider can assess your health needs and help you to prevent illness and injuries by providing:

- immunization against illnesses such as hepatitis, typhoid, meningitis, yellow fever or Japanese encephalitis;

- preventive medication against malaria, gastrointestinal illnesses and other potential conditions; and
- information about general precautions you can take.

Where to get travel health advice

The Public Health Agency of Canada strongly recommends that you consult your health care provider or visit a travel health clinic for an individual health assessment at least **six weeks** before departure, as certain vaccines and preventive medications take time to work. When booking your appointment, allow for delays – busy travel health clinics may not be able to see you right away. Also, if available, bring along a copy of your **immunization record** (history of the immunizations you've received) when you visit a travel health clinic or your health care provider (see the section entitled "Immunization records" on page 10).