

TRAVEL HEALTH TIPS



- Get a pre-travel individual health assessment** from a travel health clinic or your health care provider.
- Make sure you have full travel health insurance coverage** for both illness and injury.
- Be prepared to acclimatize** to jet lag, altitude sickness, culture shock and the effects of heat.
- Carry proof of your need** for any prescription drugs.
- Take precautions with food and water.**
- Wash your hands often.**
- Be sure to drink plenty of liquids** to prevent dehydration.
- Remember your anti-malarial medication**, if prescribed.
- Remember to take precautions against insect bites.**
- Use a sunblock** with a minimum SPF of 15.
- Always use a condom** if you have sex with someone you meet while travelling.
- Never share needles** to inject intravenous drugs.
- Remember that swimming in some fresh water poses risks**, including exposure to parasites.
- See your health care provider immediately if you become ill with fever** within a year of your return to Canada from an area known to have malaria.