

Travel healthy!
Travel informed...
 VISIT
www.travelhealth.gc.ca
 Canada

recommends that your travel plans include contacting a travel medicine clinic or your physician six to eight weeks before departure. Based on an **individual risk assessment**, a health care professional can determine your need for immunizations and preventive medication and can advise you on what precautions to take to avoid disease while travelling. Consult the Travel Medicine Program Web site to find a travel medicine clinic close to your home.

Vaccinations

Based on your current health status, immunization history and anticipated itinerary, a health care provider can assess your vaccination requirements for illnesses such as yellow fever, typhoid, meningitis, Japanese encephalitis, hepatitis and malaria. Seek a risk assessment **well in advance** of your departure, as you may need to start receiving shots or taking preventive medication a month or two beforehand. For instance, a meningococcal vaccination is required for pilgrims travelling to Mecca, Saudi Arabia, for the annual hajj; and an International Certificate of Vaccination for yellow fever is a legal requirement to enter certain countries.

International travel can expose you to infectious diseases, such as polio, that aren't frequently seen in Canada.

Our high standards of sanitation and childhood immunization programs may have made you complacent about these diseases. Ensure that your routine immunizations – diphtheria, whooping cough (pertussis), tetanus, polio, measles, mumps and rubella – are up-to-date.

If you are travelling with infants or small children, you may need to arrange an alternative or accelerated childhood immunization schedule for them. Talk to your pediatrician, family doctor or travel medicine clinic.

AIDS

AIDS/HIV is a global disease. Some countries require proof of AIDS testing. Have the test conducted and obtain the results **before** your trip. When travelling, take the same precautions you do at home. Do not assume that condoms will be readily available everywhere. Even if you can find them, they may not meet the safety standards set by the World Health Organization.

Remember: Using intravenous drugs is not only illegal but also extremely risky – especially if you share needles.

Medication

If you take medication, be sure to pack an extra supply in case you are away for longer than expected.