

PROTECTING YOUR HEALTH

Provided by the Public Health Agency of Canada

The Public Health Agency of Canada strongly recommends that your travel plans include obtaining sound medical advice before going abroad. Contact a travel medicine clinic or your physician at least **six weeks before departure** for an individual health assessment. Your physician will assess your need for vaccinations, preventive medication, and advice on precautions you can take to avoid disease while travelling.

VACCINATION, PREVENTIVE MEDICATION, AND PERSONAL PROTECTIVE MEASURES

International travel can expose you to infectious diseases not frequently seen in Canada. Based on your current health status, immunization history, and anticipated itinerary, a healthcare provider can assess your individual health risks and advise you on vaccination

requirements, your need for preventive medication (e.g., for malaria), and personal protective measures.

Ensure that your routine immunizations, such as tetanus, diphtheria, whooping cough (pertussis), polio, measles, mumps, and rubella, are up-to-date. Proof of yellow fever vaccination may be required to enter some countries. Be aware that some vaccinations and preventive medications can take time to become effective.

If you are travelling with infants or small children, you may need to arrange an alternative or accelerated childhood immunization schedule for them. For further information, visit the Public Health Agency of Canada's Travel Health website at travelhealth.gc.ca.

MEDICATION

If you take medication, be sure to pack an extra supply in case you are away for longer than expected. Carry a duplicate of your original