

HEALTH REALLY MATTERS

# Travel Health: Don't Leave Home Without it!

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## Quick Facts

- More and more people are travelling around the world for business or pleasure.
- Start planning your travel health related needs at least six weeks before you leave.
- Most travel related illness can be avoided with some planning.

## Travel Health Checklist

- Find your vaccination history record.
- Meet with your health care provider to review your trip plan and recommended vaccinations (at least 6 weeks before the trip).
- Arrange for travel insurance if needed.
- Make sure you have enough regular medication for your trip (plus a bit extra).
- Get a letter from your doctor if you require any narcotic or injectable medications or if you have more than one medical condition.

- Put together your travel first-aid kit.
- Keep your medication in the original labeled container to avoid any confusion while travelling.
- Get an up-to-date list of your medications, conditions and allergies.
- Create a contact list for getting health care services abroad as well as an emergency contact list.
- Leave a copy of all of these lists with your emergency contact!

## Basic tips to stay healthy while you are travelling

- Wash your hands or use hand sanitizer before you eat and after using the bathroom.
- Find out about the water safety where you are travelling. You may want to avoid tap water or use water purification tablets. This includes ice for drinks.
- Will you need insect repellent? Find out if you will need to protect yourself from malaria (mosquitos) or other insect-borne diseases.
- Food is safer if it is steaming hot and well-cooked. Wash and peel fruits yourself.



**MEDICINE CENTRE**  
PHARMACY

- If you are headed somewhere hot plan to be sun-safe!
- If you get sick up to 6 months after you get home, see your doctor.

## **Your Pharmacist can**

- Work with your healthcare team to make sure you get the vaccinations and medicines you need to stay healthy while you are away.
- Provide vaccination services.
- Suggest ways to make it easier to manage your medications during your trip.
- Help to choose non-prescription items for your travel kit.
- Provide you with an updated list of your medications to take on your trip.

## **Find more great information and tools here**

- HealthLink BC: <http://goo.gl/8jmIZR>
- Protecting Your Skin From the Sun: <http://goo.gl/3ctEmh>
- Travel Health Canada (including travel advisories): <http://goo.gl/9pzmJn>
- Government of Canada—Travel health and safety: <http://goo.gl/K32RGg>
- Travel Health Kit: <http://goo.gl/zuL7jr>

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## **Notes:**