

What health items should you pack?

Be sure to bring the necessary items for your trip, as medical supplies and services may not be the same as those available in Canada.

Medication:

- Prescription medications
- Over-the-counter medications normally used at home
- Antacids
- Allergy medication
- Pain and fever relief
- Anti-diarrhea medication
- Anti-motion sickness medication
- Antibacterial and antifungal spray/cream
- Hydrocortisone cream
- Cough suppressants
- Laxatives

Basic First Aid Items:

- Adhesive bandages
- Adhesive tape
- Antiseptic wound cleanser
- Blister bandages or moleskin
- Disposable latex or vinyl gloves
- Gauze
- Support bandages
- Electrolyte/oral rehydration sachets
- Tweezers
- Safety pins and scissors

Other Items:

- Sunscreen
- Insect repellent
- Aloe vera gel
- Alcohol-based hand sanitizer
- Saline eye drops
- Extra pair of glasses or contact lenses
- Condoms
- Ear plugs
- Thermometer

How can my Shoppers Drug Mart Pharmacist help?

Talk to your Pharmacist 4-6 weeks before you travel. Your Pharmacist will ensure you are prepared by:

1. Determining which immunizations are recommended based on your travel destination.
2. Providing you with a current list of all your medications to take with you on your travels.
3. Ensuring that you have enough supply of your prescription medications while you are away.
4. Identifying any prescription or over-the-counter products you might need for safe and happy travels.
5. Advising you on the safest way to travel with your medication.

Travelling with a health condition or other health needs?

The following individuals should seek a Doctor's advice before travelling abroad:

- Infants and young children
- Those with chronic medical conditions such as diabetes, heart disease, kidney disease, epilepsy, or HIV
- Cancer patients undergoing chemotherapy
- Pregnant or breastfeeding women
- Senior travellers
- Travellers with severe allergies

To learn more, visit these websites before your trip:

- Travel Health from the Public Health Agency of Canada has information available based on your destination, including travel health notices, recommended vaccines and medications: www.travelhealth.gc.ca
- Travel and tourism has information on how to have a safe and enjoyable trip: www.travel.gc.ca

Reference:

1. Public Health Agency of Canada. Where are you travelling? Available online at www.travelhealth.gc.ca accessed October 15, 2015. The content of this brochure is provided for general information only. It is not intended to be a substitute for medical or other advice or to provide a diagnosis. All specific questions or concerns should be addressed with your own health care providers. Nothing contained in this brochure should replace medical advice, medical visits or recommendations from health care providers. No information in this document should be interpreted as a product endorsement.

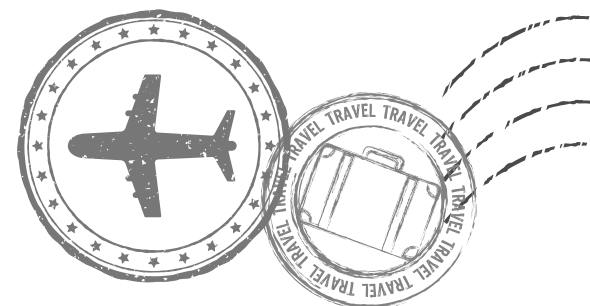
*Consultation for select destinations only. Participating locations may offer consultation for more destinations. Professional fees apply. Prescription may be required.

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ONLY BRING BACK MEMORIES.

Get advice and vaccines before you travel.
Ask your Pharmacist today.*



Safe and healthy travels

Before you head south, be sure to talk to your Pharmacist about your travel plans. We can review any health related risks based on your destination and recommend the preventative measures you can take to help keep yourself healthy.

Do you need to get vaccinated before travelling?

Travel to southern destinations, such as Mexico and the Caribbean, has never been more common. Travel immunizations and vaccines promote safe and enjoyable travel by helping to provide protection against diseases that may be rare in our country, but that are still prevalent in others.

Which vaccines do you need for your trip?

There is no single immunization schedule that fits all travellers. Each schedule is customized according to the traveller's age, previous immunizations, countries to be visited, activities and amount of time available before departure.

Mosquito Borne Diseases

In numerous Caribbean and southern destinations, there are several diseases transmitted by mosquitoes such as chikungunya, dengue fever, malaria and West Nile virus. There are no vaccines that protect against these diseases. Mosquitoes tend to be particularly active around sunset and sunrise. To help protect yourself from mosquitoes, consider using insect repellent with DEET and wearing light-coloured, loose, full-length clothing.

Recommended travel vaccines

The Public Health Agency of Canada recommends vaccines and preventative measures that will help protect you from diseases that could be present in other countries. The following chart provides information about common preventable diseases that travellers may encounter.

Always consult a health care provider or www.travelhealth.gc.ca for the most up-to-date information for your travel destination.

Preventable Travel Disease	Description	Prevention Recommendation
Hepatitis A	Hepatitis A is a disease of the liver spread through contaminated food and water, or contact with an infected person.	All travellers going to regions with a risk of hepatitis A infection should get vaccinated.
Hepatitis B	Hepatitis B is a disease of the liver spread through blood or other bodily fluids (e.g. through sexual contact, medical treatment, sharing needles, tattooing, acupuncture, or occupational exposure).	Travellers who may be exposed should get vaccinated.
Typhoid	Typhoid is a bacterial infection spread by contaminated food or water. Risk is higher among pediatric travellers and travellers going to rural areas, visiting friends and relatives, or travelling for a long period of time.	Travellers at high risk, visiting regions with typhoid risk, especially those exposed to places with poor sanitation, should speak to a health care provider about vaccination.
Cholera	Cholera is a bacterial disease that is most often spread by drinking water or eating food that has been contaminated. It causes diarrhea, and in severe cases, it can lead to dehydration and even death. Most travellers are at very low risk. Travellers at higher risk include those visiting, working or living in areas with limited access to safe food, water and proper sanitation, or areas where outbreaks are occurring.	Travellers at higher risk should discuss the benefits of getting vaccinated with a health care provider.
Travellers' Diarrhea	Travellers' diarrhea, caused by many bacteria and viruses, is the most common illness affecting travellers. It is spread from eating or drinking contaminated food or water. The risk of developing travellers' diarrhea increases when travelling in regions with poor standards of hygiene and sanitation.	Practise safe food and water precautions. The most important treatment for travellers' diarrhea is rehydration (drinking lots of fluids). Carry oral rehydration salts when travelling.
Rabies	Rabies is a deadly illness spread to humans through a bite, scratch, or lick from an infected animal.	Vaccination should be considered for travellers going to areas where rabies exists and who have a high risk of exposure (i.e. close contact with animals, occupational risk and children).
Measles	Measles is a highly contagious viral disease and is common in most parts of the world.	Be sure your measles vaccination is up to date regardless of your travel destination.
Influenza	Seasonal influenza occurs worldwide. The flu season usually runs from November to April in the northern hemisphere, between April and October in the southern hemisphere and year round in the tropics.	Get the flu shot.