

Psst!

Plan to Stay in Shape Today



Traveller's
Guide



2018 Edition

 **familiprix**

Leave **safely** and return **healthy**

**THERE ARE FAMILY VACATIONS,
BACKPACKERS SEEKING ADVENTURE,
ORGANIZED TRIPS, GROUP TRAVEL,
BUSINESS TRIPS, ETC.**

No matter which one you choose, it is important to spend time getting informed and getting prepared. Here is our traveller's guide to help you succeed. You will find valuable information to help ensure your comfort and safety during your vacation.

Would you like to know more?

Ask your pharmacist. They will be able to answer your questions, provide you with expert advice and prescribe the necessary treatments you may need in order to travel safely and in good health.

**Use the travel checklist
on page 45 so you don't
forget anything!**





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Planning and Preparation

Spend a little time planning your trip and it will go more smoothly. Even the most experienced travellers need to plan. Certain documents and vaccination may be required to travel abroad, and during busy periods, accommodation, travel and activities may be more difficult to reserve if you haven't planned ahead. Don't leave everything until the last minute so that you can leave stress-free. Travelling and coping with jet lag can be exhausting, so do what you can in advance so that you are free to relax more during the last few days before your departure.

BEFORE YOU LEAVE

INFORMATION AND DOCUMENTS

- Learn about the country to which you are travelling. For example, find out about its political situation, its economy, or if there is an outbreak of any infectious diseases.
- Be sure you have a **valid passport**. In some countries, the expiration date must be more than six months after your return date.
- Check whether you need a **visa**.
- Call your **financial institution** to check if your card will work in the country you'll be visiting.
- Notify your **credit card** issuer that you will be travelling abroad. Then they will be able to anticipate any "unusual" activities on your account and this will prevent you the embarrassment of having your credit card declined at your destination. (It's also wise to bring a 2nd credit card with you in case one is lost or stolen).
- Get some **local currency** for taxis, tips, etc. from your financial institution.
- If you plan on driving abroad, be sure to have an **international driver's license** if required.
- Notify the government of your travel dates and your destination with the **Registration of Canadians Abroad**. This free service allows the government to provide you with important information or instructions, in particular during an emergency situation such as a natural disaster.
- Leave important information with a loved one so that you may be reached in case of emergency during your absence (the name of your hotel, flight number, email address, etc.).

You will find the web addresses and phone numbers in the useful links section at the end of the guide on pages 46 and 47.

A FEW DAYS BEFORE YOU LEAVE

- If your luggage is black, dark blue or even red, add a distinctive ribbon or a sticker to make it easier to spot it on the baggage carousel at the airport.
- Make **2 photocopies** of your passport, your insurance documents and your credit card. Keep one copy with you in a place separate from the original and give the other copy to someone not travelling with you whom you can reach in case of emergency.
- Bring your insurer's phone number and tell a travel companion where to find it in case of emergency.
- Learn a few basic words and expressions in the country's language.
- Confirm your flight departure time by calling your airline company or check online.

Online check-in!

Most airline companies now provide online check-in 24 hours before your flight. This option will help you save time at the airport as you can simply bring your luggage to the luggage drop-off counter. This service also provides you with an electronic boarding card that you can print at home. Some airlines may allow you to select your seats or even buy upgrades. You can check-in directly on your airline company's website.



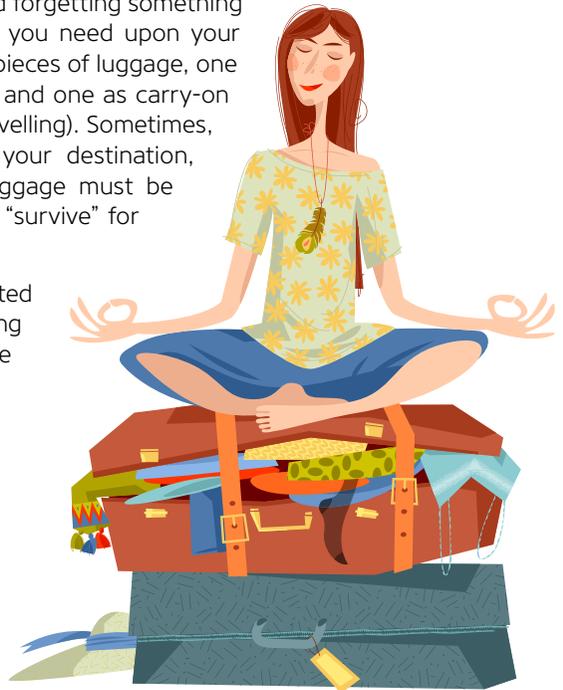
HEALTH TIPS

- If you have any chronic illnesses, see your doctor at least six months before you leave for a check-up and to make sure you have a sufficient supply of any medications for the duration of your trip.
- Visit a travel **health clinic 6 to 8 weeks before you leave** to properly evaluate your vaccination and medication needs for your protection.
- Write down your emergency instructions in English and in French and mention any allergies and any current medical treatments you are taking. Be sure to include a phone number to call in case of emergency. Keep these instructions in your wallet.
- Check if you have **travel health insurance** to cover any costs in case you experience health problems or injury abroad. If you pay for medical services in another country, remember to keep the original receipts.
- Notify the airline of any food allergies.

PREPARING YOUR LUGGAGE

Preparing your luggage is exciting, regardless of the destination and the type of trip. But it's also an important task. You want to avoid forgetting something and ensure that you have what you need upon your arrival. Most travellers pack two pieces of luggage, one that will go in the aircraft's hold and one as carry-on baggage (kept near you while travelling). Sometimes, luggage is delayed getting to your destination, which is why your carry-on baggage must be carefully packed so that you can "survive" for a few days if this happens.

However, many items are prohibited on board aircraft. Avoid putting them in your carry-on baggage so that they are not confiscated. Here are few examples.





Prohibited items for carry-on baggage*:



- Knives and pocket knives
- Sharp, cutting or metallic objects (scissors, tweezers, etc.)
- Liquids, aerosols or gels in containers exceeding 100 ml or 100 g that do not fit into a single closed and resealable transparent plastic bag with a maximum capacity of 1 L (excluding baby formula, milk, juice and baby food).
- Fireworks
- Toy weapons or replicas of weapons
- Corkscrews (with knife)
- Sports equipment such as golf clubs, hockey sticks, baseball bats, ski poles, pool cue sticks, tennis or squash racquets, etc. (These may be permitted under certain conditions, so check with your airline.)
- Firearms and parts of firearms
- Razor blades (without cartridges)

*This list is provided as an example only. To see a complete, updated list, visit the Canadian Air Transport Security Authority website at www.catsa-acsta.gc.ca.

WHEN YOU RETURN

If you want to bring back any souvenirs, check what is accepted by Canada Customs. (You will find contact information for the Canada Border Services Agency on page 47.)

If you were sick during your trip or if you are upon your return, consult a medical specialist in travel health. Tell them where you travelled, the region(s) you visited and the activities in which you participated.

Warning! *Do not underestimate your presence in a foreign country. Some diseases remain dormant in the body and take time to develop. Do not hesitate to notify your doctor if you experience any abnormal symptoms, even **a year after your return home.***



Travelling with Medication

- A few days before leaving, be sure you have all your medications in hand and in sufficient quantities. Plan for a few days extra supply in case you are away longer than expected.
- Ask your pharmacist for a copy of your prescription(s) as well as a detailed list of your medications indicating their trade name and the active ingredient. Put this information in a different place than your medications in case they are lost.
- Keep all your medications in their original packaging or in the container provided to you. Ensure that each medication is properly identified with your name and the reason why you are taking this product is indicated on the label.
- If your medication needs to be refrigerated, get a device to keep it cold.
- When you have to carry an EpiPen (against allergies, for example), needles or syringes to administer your medication, make sure you have a copy of the prescription or a medical certificate to justify its use.
- Check with your healthcare professional to find out if your medication(s) must be adjusted to account for any change in time zone.
- Some pain medications may be prohibited or accepted with certain restrictions abroad. Contact the embassy of the destination country for more information.

Tip

It is suggested to keep your prescription medication in your carry-on baggage. If your luggage gets lost or arrives late at your destination, you will still have your medication with you.

Travelling While Pregnant



Before leaving or planning for a trip, see your doctor for a check-up.

- Discuss the risks associated with the destination you have chosen.
- Find out if any vaccination are required.
- Drink plenty of water while flying because the cabin atmosphere becomes dry quickly. Avoid soft drinks, especially before take-off, so that you do not feel unnecessarily bloated.
- The risk of venous thrombosis increases in altitude (see the “Circulatory Problems and Venous Thrombosis” section on page 11). Wear compression socks to facilitate blood circulation in your legs. Ask to be seated in an aisle seat near emergency exits, as there is more room to extend your legs and you can also walk in the aisle to stretch them.
- Attach your seatbelt under your belly and not around it. If driving in a car, go short distances and make frequent stops.



Most airline companies will not board pregnant passengers after the 36th week of pregnancy. After the 28th week of pregnancy you may be required to present a doctor's letter confirming the expected due date and that the pregnancy is normal. Check if your travel insurance will pay for pregnancy-related care or care for your baby if you give birth prematurely while abroad.



Travelling with Children

As with adults, **visiting a travel health clinic** is strongly recommended at least **6 to 8 weeks before you leave**. Your healthcare professional will provide all the vaccines, medications and advice your child will need for a safe journey abroad. They will also check your child's routine vaccination and complete them if appropriate.

LEAVING CANADA: REQUIREMENTS

Every child leaving the country must have:

- A valid personal passport.
- A letter of consent, if not travelling with both parents. You will find the form and the procedures at: <https://travel.gc.ca/travelling/children/consent-letter>.
- Any other legal document, such as a death certificate for a deceased parent.

Did you know...

Infants less than six months old are not permitted to board cruise ships. Ask your cruise line if necessary.

AIRLINE TRAVEL WITH CHILDREN

- Pre-board, if possible. It will give you some extra time to get seated in the aircraft.
- Bring enough snacks, milk, diapers, wet wipes, medications and a change of clothing for the duration of the flight, plus a little extra, just in case.
- Bring their favourite toys and books to entertain your toddlers while waiting. A selection of children's movies is often available during the flight. A little blanket and a pillow may also help provide a more comfortable naptime.

Did you know...

Children over 2 years of age must have a seat reserved in their name, just like an adult. Children less than 2 years of age may sit on your lap during the flight, while respecting certain safety instructions.



Travelling Comfortably



There may be some small discomfort when travelling. However, it is usually easy to prevent and relieve this.

EARACHES AND SINUS PAIN

These are caused by the change in the aircraft's cabin pressure during take-off and landing. This discomfort is usually only temporary.

PREVENTION

- Chewing gum, swallowing regularly or yawning can help keep your ears from feeling blocked.
- Try pinching your nose and blowing gently as if you were trying to blow your nose.
- Feeding babies or giving them a pacifier so that they swallow regularly may soothe babies.
- Avoid air travel if you suffer from an upper respiratory tract infection such as sinusitis or ear inflammation. If you are unable to postpone your trip, you can take a decongestant or use a nasal spray a half-hour before take-off and landing. Check with your healthcare professional before using decongestants, as they are not recommended for certain health problems.

CIRCULATORY PROBLEMS AND VENOUS THROMBOSIS

Prolonged immobility may cause discomfort, swelling in the legs, and blood clots.

PREVENTION

- Get up and move around the aircraft every 2-3 hours to increase blood circulation.
- Move your legs and feet for a few minutes every hour.
- Wear properly fitting compression socks.
- Hydrate yourself with water and juices; avoid alcohol, coffee and tea as they are diuretics and can dehydrate you.
- Avoid taking strong sedatives that put you to sleep and keep you from moving around regularly.

MOTION SICKNESS

Motion sickness may occur in moving vehicles. It may cause discomfort, accompanied by sweating, nausea, vomiting or dizziness.

PREVENTION

- Reserve a seat in the middle of the aircraft, over the wings. In a car or bus, sit at the front. On a boat, sit near the middle, close to the waterline.
- Get a good night's sleep the night before.
- Don't travel on an empty stomach. Light meals are best, and avoid alcohol.
- Avoid reading, ventilate your seat area if possible, and glance across the horizon.
- Use anti-nausea tablets (take them a half-hour before departure) or patches (affix 12 hours before your departure). Check with your healthcare professional to determine whether this type of medication is suitable for you.

JET LAG

Jet lag is a combination of physical and psychological symptoms experienced by travellers making quick trips eastward or westward. The effects are more noticeable after crossing three or more time zones.

Symptoms include fatigue, trouble sleeping and difficulty concentrating. Travellers may also experience moodiness, loss of appetite and digestive problems.

The seriousness and recovery time may vary from one person to another. Jet lag is more severe if you are travelling east, as the days become shortened. While age can increase its severity, people in better physical shape may recover more quickly from the change.

The root cause of jet lag is an imbalance in your biological clock, which is located in the brain's pineal gland. It is affected by light, and to a lesser degree, by social activity and physical exercise.

Did you know...

According to NASA, it can take the body a full day to recover its natural rhythm for every one-hour difference in time zone. In theory, that means it could take six days to recover from crossing six time zones!

PREVENTING OR ALLEVIATING JET LAG

BEFORE FLYING

- Rest before your flight, as a lack of sleep may aggravate the symptoms.
- A few days before your trip, start adjusting your daily routine by an hour or two to get ready for the change in time. Get up earlier if you'll be travelling east, and later if you're heading west.

DURING THE FLIGHT

- Set your watch to the time at your destination.
- Drink plenty of water.
- Avoid consuming too much alcohol and caffeine, as they can cause dehydration.
- Have lighter meals.
- Wear comfortable clothing.
- Do some light exercise.
- Sleep.
- Be careful when considering taking a sleeping pill, as its effect may last longer than the flight itself, making you less alert when you arrive.

UPON ARRIVAL

For trips lasting 2-3 days:

- Try to stick to your schedule back home.

For trips that are more than three days:

- Don't plan to do anything important for the first 24 hours.
- Spend as much time as possible in the daylight.
- Eat your meals according to the local time.
- Eat balanced meals.
- Avoid napping during the first 24-48 hours. If they are absolutely necessary, avoid exceeding 20-30 minutes.
- Avoid caffeine 4-6 hours before bedtime.
- Sleep in a quiet place where light doesn't get in.
- Set the room temperature between 18 and 24 degrees Celsius.
- Check with your doctor or pharmacist if you're considering taking sleeping medication.
- For diabetics using insulin, ask your healthcare professional if any adjustments are required to better align with the new time zone before you leave.

HEATSTROKE AND SUNBURN

Prolonged exposure to heat and to the sun can cause a fever, redness, dizziness, vertigo and unusual fatigue. Seniors, people taking medication and children may be more sensitive to the sun, heat and dehydration.

Because vacations are often quite short, it can be tempting to try to take advantage of the heat and sun as much as possible on the very first day. Be careful! Do it moderately. Suffering from heatstroke or sunburn can ruin part of your vacation.

PREVENTION

- Avoid sun exposure and exercise during the hottest part of the day, when the sun's rays are the most intense (between 10:00am and 4:00pm).
- Take advantage of the pool or the sea to cool down your body temperature.
- Wear light, pale-coloured, breathable clothing.
- Drink lots of water and avoid alcohol.
- Protect yourself from the sun. Wear a hat, sunglasses and use a parasol.

Apply sunscreen generously:

- A palmful (30 ml) for adults
- About 15 ml for children

Reapply sunscreen:

- Every two hours
- If you perspire a lot
- After each swim



*The Canadian Dermatology Association recommends using a sunscreen with an SPF of 30 or higher that protects you from UVA and UVB rays. **Apply sunscreen at least 30 minutes before going outside.***

CULTURE SHOCK

You may experience culture shock regardless of your destination and the reason for your trip. Different people may feel it to varying degrees. Losing your bearings, facing a different way of life, being exposed to different customs, values and beliefs, hearing a different language and having close contact with the local population can be very unsettling. Sometimes, we can be taken by surprise in countries in which we didn't expect for it to happen. Learn about the general living conditions of the country and the specific areas you will be visiting. It will help you better deal with the reality once you arrive at your destination.

Vaccination



Vaccination is the safest way to create your own army of little soldiers (antibodies) that make up our immune system. Hygiene and sanitation standards are not the same everywhere in the world, and travelers who have taken care to get the appropriate vaccines before their departure will avoid contracting certain infections and spreading potentially serious diseases that are still active abroad.

Immunization does not occur immediately after vaccination. It depends on a host of factors, such as the vaccine in question, the booster dose, and past history of vaccines received against the same disease. Deciding which vaccines to get should be one of the first things you do when planning a trip. It is recommended you consult a travel health clinic or a doctor before your trip to draw up a schedule and work out the appropriate doses you'll need to receive **four to eight weeks prior to departure**. Even for last minute trips, you should still visit a travel health clinic for valuable advice and perhaps even a few vaccines.

Travelers cannot be immunized according to a specific schedule. Each traveler has their own schedule based on their previous vaccination, the country visited, the type of trip, how long it is before departure and the anticipated time spent at the destination. In addition, if the required basic vaccination are missing, travelers will be offered immunizations included in their province's basic vaccination program in addition to vaccines strongly recommended for the country to which they're travelling.

Visit the Public Health Agency of Canada's website to find a travel clinic near you.

Warning! *In terms of prevention, vaccines have proven their effectiveness, but they cannot provide 100% guaranteed protection. Don't think you're invincible by traveling to regions where there are certain infections against which you are vaccinated. In fact, you must act exactly as if you had never been vaccinated. This way, there is a reduced risk of contracting infectious diseases.*

Did you know...

Many pharmacies offer a travel health consultation service with a nurse available that can proceed with the vaccination. Check with your pharmacy.

PREGNANCY

There is no reason for pregnant women to refuse vaccines that are safe for mother and baby and will protect them from various diseases. But certain vaccines should be avoided, since they pose a danger to unborn children. Since every case is different, the pros and cons should be weighed separately. Generally, if the risk of contracting the disease is greater than the risk associated with the vaccine, you should get the vaccination.

INFANTS AND YOUNG CHILDREN

The age to get various vaccines varies. Having a vaccination card for your child helps you keep track and plan for routine basic program vaccination as well as those for the intended travel destination. It is important to comply with this rigorously, as it is difficult to ensure that children do not come into contact with any danger associated with their environment. It is important to follow this vaccination program. This prevents a child from contracting a disease in another country for which there is an immunizing vaccine.

SENIORS

The same principles of vaccination apply to all travelers in good health, no matter their age. However, people in this age group have often missed getting routine vaccines during their childhood that are included in today's basic program or perhaps, for one reason or another, they did not follow the recommended reminders. Updating their vaccination record is therefore suggested just as it is for any other traveller.





Prevention and Personal Protection

Bacteria, viruses or germs cause infections contracted during a trip. Contamination can occur in various ways.

Food, water and mosquitos are the main causes of illnesses during travel abroad, but don't forget the risks associated with direct contact with the local population and animals, as well as sexual relationships. Furthermore avoid petting stray animals, as they often carry diseases.

HANDWASHING

Even abroad, handwashing is an important preventative measure against the transmission of diseases. If it is impossible to find soap and water to use, alcohol-based gels are a good alternative and are offered in a convenient travel size.

FOOD AND WATER

Contamination by bacteria, toxins, parasites and viruses found in food and water is a major cause of many travelers' diseases. Traveler's diarrhea (turista), hepatitis A, typhoid fever, ciguatera and cholera are a few examples.

When travelling abroad, you are your own health inspector. Choose very busy restaurants because the food is replaced more quickly. Consume well-cooked meat and fish that is still hot. Eat cooked fruit and vegetables or those that can be peeled.

Avoid eating foods with a high risk of contamination such as:

- Salads
- Unpasteurized dairy products and ice cream
- Food sold in the street
- Buffets where the food may have been sitting for many hours
- Shellfish that may come from contaminated waters
- Mayonnaise
- Larger fish (see "ciguatera" on page 20.)



In Canada, water is treated to eliminate microorganisms that could cause infections. This is not the case in all countries. You can, however, prevent water contamination by monitoring water quality.

- Avoid ice cubes.
- Brush your teeth with bottled or disinfected water.
- Beer, wine and soft drinks are generally safe.
- Purify or disinfect water. There are different water purification techniques, like chemical (using bleach, choline or iodine), by filtration or by boiling. The most effective method is boiling it for at least a minute (or more if you are at altitude). However, this method is not always convenient depending on your facilities. If you go on a forest excursion or to place where bottled water is scarce, ask a specialist and bring what you need to be able to purify your water at the source.

Tip
Drink bottled water and be sure to open the bottle yourself.



MOSQUITO BITES

In addition to causing itching, redness, and infection, mosquito bites can also transmit diseases such as malaria, Zika, yellow fever, dengue, chikungunya and Japanese encephalitis.



PREVENTION

- Wear long, pale-coloured clothing as it does not attract insects as much as other colours.
- Tuck your shirt or vest into your pants, and your pants into your socks.
- Avoid perfumes and perfumed toiletries.
- Use a recommended insect repellent.

There are different insect repellents on the market. Those containing **DEET**, **icaridin** and **lemon eucalyptus** (not to be confused with eucalyptus oil or citronella) are the most recommended.

Their use varies according to the individual's age and the duration of protection desired.

Tip
Sleep under a mosquito net treated with an insecticide or in an enclosed, air-conditioned place.

TABLE OF KNOWN INSECT REPELLENTS

| AGE GROUP | TYPE OF REPELLENT | PROTECTION TIME | ADVICE |
|----------------------------------|-----------------------------------|---|--|
| Children under 6 months | None | | Dress in long clothing or place a mosquito net on the stroller or cradle. |
| Children age 6 months to 2 years | Product with 20% icaridin or less | 20%: 8h to 10h 10%: 3h to 5h 3h or less | Avoid applying on the eyes and mouth. |
| | Product with 10% DEET or less | 3h or less | Apply maximum once daily only on exposed parts of the body. |
| Children age 2 to 12 years | 20% icaridin or less | 20%: 8h to 10h 10%: 3h to 5h | Avoid applying on the eyes and mouth. |
| | DEET 10% or less | 3h or less | Apply maximum three times daily only on exposed parts of the body. |
| | Lemon eucalyptus | 5h or less | Avoid using on those 3 years old or less. Apply maximum twice daily. |
| Individuals 12 and older | 20% icaridin or less | 20%: 8h to 10h 10%: 3h to 5h | Avoid applying on the eyes and mouth. |
| | 30% DEET or less | 6h or less | Apply only on exposed parts of your body. |
| | Lemon eucalyptus | 5h or less | Apply maximum twice daily. |
| Pregnant or breastfeeding women | 20% icaridin or less | 20%: 8h to 10h 10%: 3h to 5h | Apply maximum twice daily. |
| | 30% DEET or less | 6h or less | |

Source: Gouvernement du Québec <http://sante.gouv.qc.ca/conseils-et-prevention/se-protger-des-piqures-de-moustiques/>

Warning! *It is not recommended to use a product containing DEET combined with a sunscreen. Instead, use each product **separately**. First apply sunscreen and wait **20 minutes** before applying DEET. Also, do not apply DEET immediately after bathing or showering. Ideally, you should wait at least **an hour**.*



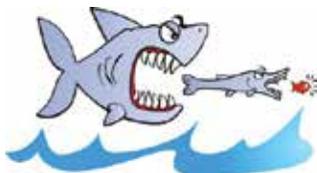
Traveler's Diseases

The following section will help you to learn more about traveler's diseases, how they are transmitted, what are the symptoms and how to prevent them.

Keep in mind that advice for travelers can be changed as situations evolve around the world. **The maps in the guide were accurate as of printing, but this information changes regularly. Always check the advice to travellers on the voyage.gc.ca website before leaving in order to get the latest recommendations for each destination.**



CIGUATERA



Ciguatera is caused by **consuming large reef fish**, such as barracuda and moray eel, that are contaminated by ciguatoxins. These toxins are odourless and flavourless and cannot be destroyed by heat, freezing, or other preservation methods.

These toxins are produced by microalgae found on and around reefs. Small fish eat these algae, and concentrations gradually build up in the predators that eat those fish.

Symptoms generally appear within 24 hours of consumption. Patients usually recover within days or weeks. In rare cases, death can occur.

Initially, patients generally report gastrointestinal symptoms such as nausea, vomiting, diarrhea, and abdominal pain.

This is followed by neurological symptoms like numbness, itchiness and burning sensations, sore muscles, tooth pain, blurred vision, inversed temperature sensations (i.e., cold feels hot, hot feels cold), fatigue, headaches, and slowed heart rate. In severe cases, neurological symptoms can last months and even years.

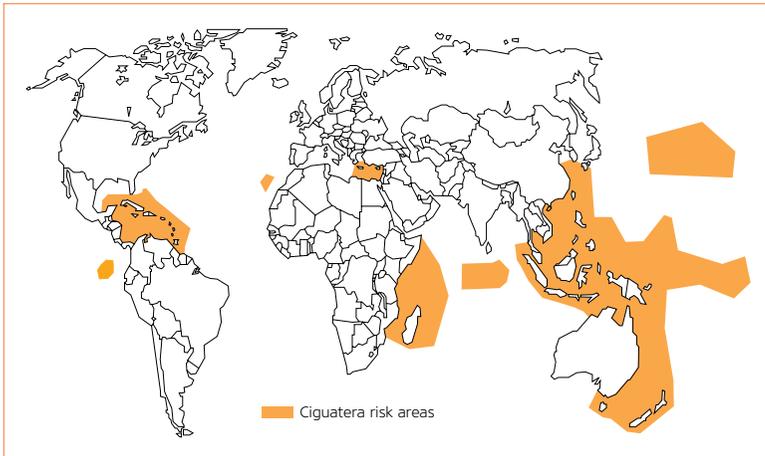
PREVENTION THROUGH VACCINATION

To date, there is no vaccine to prevent ciguatera.

PREVENTION AND TREATMENT THROUGH MEDICATION

There is no medication to prevent and treat ciguatera. Only the symptoms can be relieved. If you are travelling to tropical or subtropical zones like the Caribbean Sea or the Indian or Pacific oceans, avoid eating:

- Reef fish like barracuda, moray eels, amberjack, snapper, grouper, sea bass, and sturgeon.
- Any fish over 3 kg (though smaller fish can be infected), including the head, viscera, and roe.



CHIKUNGUNYA

Chikungunya is a viral disease transmitted through the **bite of an infected mosquito**, just like Zika, malaria or dengue. The onset of symptoms is often abrupt and usually occurs between 2 and 14 days after being bitten. These can include fever, joint pain, headaches, fatigue, and nausea, etc. The most disabling symptom is often pain, which disappears within a few days or may take a few weeks.



Unlike mosquitos that spread malaria, those transmitting chikungunya and dengue are active during the day, especially at sunrise and sunset.

PREVENTION THROUGH VACCINATION

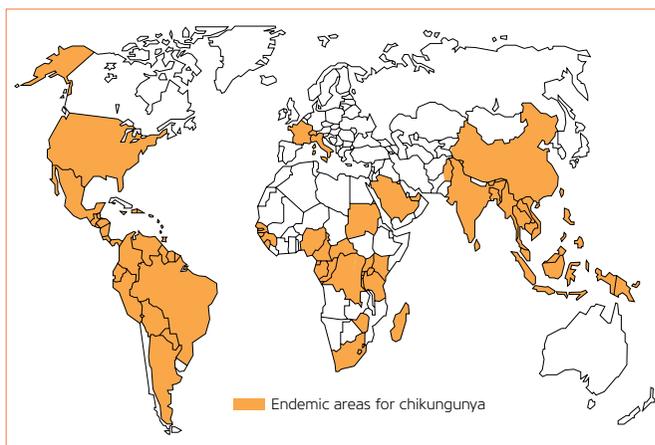
To date, there is no vaccine to prevent chikungunya.

PREVENTION AND TREATMENT THROUGH MEDICATION

The treatment consists mainly of relieving any symptoms that may appear. We therefore recommend rest and hydration, as well as taking an analgesic to relieve fever and pain as needed.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Mosquito Bites” section on page 18.



Source: www.cdc.gov/chikungunya/geo/index.html

CHOLERA

Cholera is caused by a bacteria generally transmitted through **contaminated food and water**. The disease is often associated with poor sanitary conditions. Symptoms include profuse watery diarrhea, nausea, and vomiting. Between two hours and five days may elapse between contamination and the appearance of symptoms. Most episodes are mild and resemble other types of diarrhea. However, if untreated, the profuse diarrhea and rapid dehydration caused by this disease can be fatal.



PREVENTION THROUGH VACCINATION

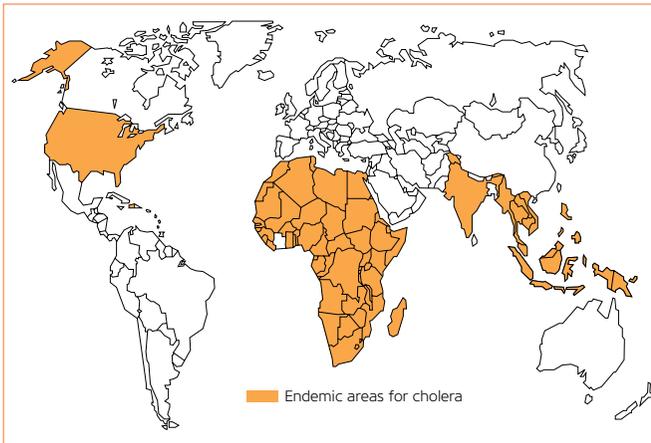
Although there is a vaccine to prevent cholera, there is a very low risk for a North American to contract the disease, even when travelling to areas where the disease is present. A vaccination is not always required. Popular tourist destinations are often low risk.

PREVENTION AND TREATMENT THROUGH MEDICATION

The treatment is mainly to prevent dehydration. Packs of electrolytes dissolvable in drinking water can treat mild cases. Severe cases will be treated intravenously and with antibiotics to stop the diarrhea.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Food and Water” section on page 17.



Source: www.cdc.gov/cholera/index.html

DENGUE

Dengue is a viral disease transmitted through the **bite of infected mosquito**. The effects are short term (5 to 7 days) and often nonspecific, but the disease can be quite severe and even fatal in some cases. Initial symptoms are similar to those of the flu, such as having a fever and headaches. This can be followed by pain, vomiting, and rash.

Unlike the mosquitoes that spread malaria, those carrying dengue and chikungunya usually bite during the day, especially at sunrise and sunset.



PREVENTION THROUGH VACCINATION

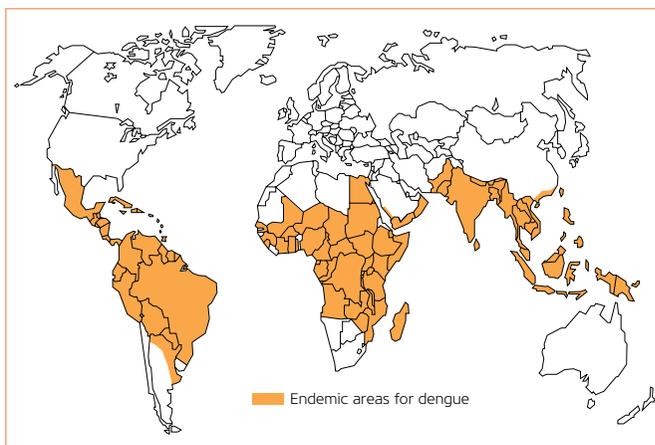
There is no vaccine for dengue. Only personal precautions against mosquito bites can protect you from contracting the disease.

PREVENTION AND TREATMENT THROUGH MEDICATION

The treatment consists mainly of relieving any symptoms that may appear. We therefore recommend rest and hydration, as well as taking an analgesic to relieve fever and headaches as needed.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Mosquito Bites” section on page 18.



Source: wwwnc.cdc.gov/travel/yellowbook/2018

TRAVELLER'S DIARRHEA (TURISTA)

Diarrhea is the most common problem encountered by travellers. It is caused by pathogens such as bacteria and viruses in **food and water**. The risk of developing traveler's diarrhea varies with the region visited, the type of travel or activities, certain diseases, and the effects of certain medications that decrease gastric acidity. Diarrhea can set in quickly during your trip or a few days after you return home. Most people recover within 5 days.

PREVENTION THROUGH VACCINATION

An oral vaccine may be recommended if you have a high risk of contracting traveler's diarrhea. However, vaccination is not a replacement for good hygiene.

PREVENTION AND TREATMENT THROUGH MEDICATION

Taking medication to prevent diarrhea is recommended only for travellers at high risk, such as athletes and people with certain diseases.

In terms of treatment, your healthcare professional may recommend that you take along an anti-diarrheal medication. Before leaving, you can also ask your travel health specialist to prescribe antibiotics for use in the event of more serious cases of diarrhea which can be accompanied by fever, nausea and vomiting, stomach ache, and blood in the stool.

Remember that a number of antibiotics are available to treat traveler's diarrhea. The choice depends on factors like the patient's age, allergies, physical condition (e.g.: pregnancy), and prescribed medicine.

The treatment will also vary depending on the destination. For example, the antibiotic currently used in the Caribbean is often ineffective in Southeast Asia.

The most important treatment for moderate to serious diarrhea is hydration. Without a prescription, you can buy rehydration packets to dissolve into drinking water. These packets are easy to carry.

TRAVELLER'S DIARRHEA (TURISTA) (CONTINUED)

Warning! Children dehydrate much more quickly than adults. If they are vomiting, administer the oral rehydration solution in small amounts at a time, using a spoon or syringe, for example. In addition, infants can continue to breastfeed or drink their formula, and older children may eat solid food, if possible.

See a doctor if:

- There are signs of severe dehydration.
- You have a fever over 38.7 degrees Celsius.
- You have bloody diarrhea.
- Dehydration persists despite the rehydration solution.

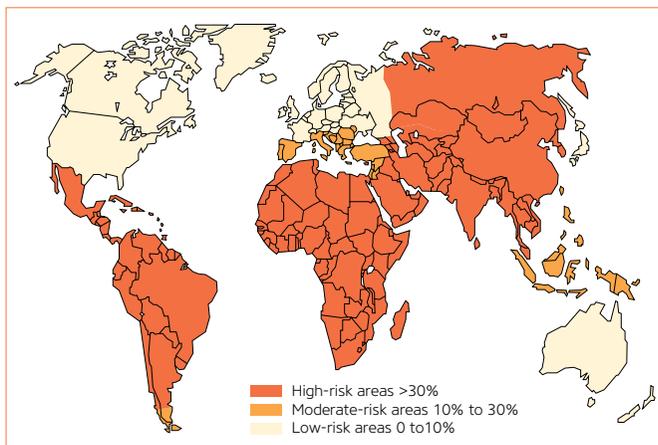


PREVENTION AND PERSONAL PROTECTION

See the tips in the "Food and Water" section on page 17.

Did you know...

that your pharmacist can prescribe treatment for traveller's diarrhea in advance of your next trip?



JAPANESE ENCEPHALITIS

Japanese encephalitis is a viral disease transmitted through the **bite of an infected mosquito**. Generally the symptoms are rare and mild, such as a fever or a headache.

However, when the severe form of the disease manifests itself, the symptoms appear suddenly, including a strong fever, significant headaches, stiff neck, disorientation that can lead to a coma, convulsions and even death.

PREVENTION THROUGH VACCINATION

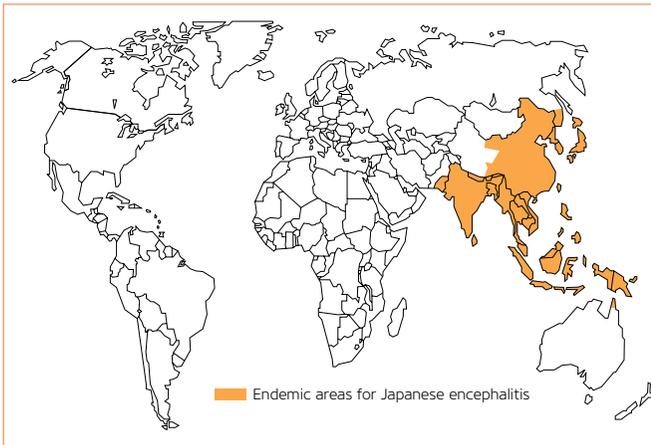
Japanese encephalitis can be prevented through vaccination. This will be recommended if you are travelling for a long period (ex. more than a month) in a region where there is a high risk of the disease spreading, especially during the rainy season.

PREVENTION AND TREATMENT THROUGH MEDICATION

The treatment consists mainly of relieving any symptoms that may appear.

PREVENTION AND PERSONAL PROTECTION

For most travellers spending only a short time in an endemic area, the protective measures that apply to mosquito bites will be recommended. See the tips in “Mosquito Bites” on page 18.



Source: wwwnc.cdc.gov/travel/yellowbook/2018/

YELLOW FEVER

Yellow fever is a viral disease transmitted through the **bite of infected mosquito**. Mosquitoes that transmit yellow fever do so during the day, especially at sunrise and sunset, as well as in the shade and indoors. The condition is short-lived (three to four days), often trivial, but can be very serious in some cases. In the first phase, the symptoms may be similar to those of malaria or typhoid fever, such as fever, pain, headache, back pain, decreased appetite, fatigue and nausea. More serious symptoms like severe shock, bleeding and yellowing of the skin can follow after a 24-hour remission in about 15% of those afflicted. If untreated, the mortality rate for serious cases of yellow fever is almost 50%.

PREVENTION THROUGH VACCINATION

Vaccination is the best protection against yellow fever and is mandatory for those traveling to certain countries. You must obtain a vaccination certificate from your travel health clinic. The certificate is valid starting 10 days after the vaccination and is good for at least 10 years.

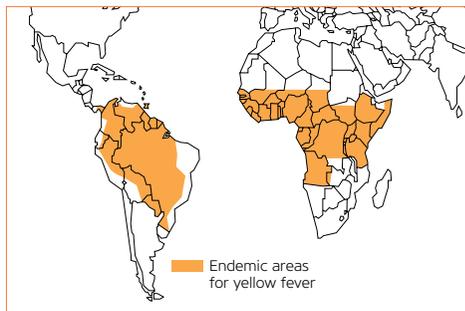
Warning! *The vaccine against yellow fever requires approval from the World Health Organization and is available only at yellow fever vaccination centres designated by the Public Health Agency. Many pharmacies have this accreditation. Check with your healthcare professional if they can provide this vaccine.*

PREVENTION AND TREATMENT THROUGH MEDICATION

There are no oral drugs to prevent or treat yellow fever. Acetaminophen can be used to reduce fever and rehydration solutions can be helpful if patients are dehydrated.

PREVENTION AND PERSONAL PROTECTION

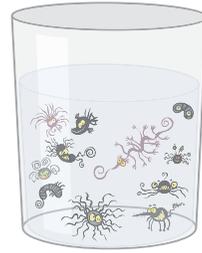
See the tips in the “Mosquito Bites” section on page 18.



Source: wwwnc.cdc.gov/travel/yellowbook/2018

TYPHOID FEVER

Typhoid fever is caused by a bacteria transmitted through **contaminated food and water** or contact with an infected person. The signs and symptoms of this disease include a persistent high fever, headaches, pain and fatigue. These symptoms last about four weeks.



PREVENTION THROUGH VACCINATION

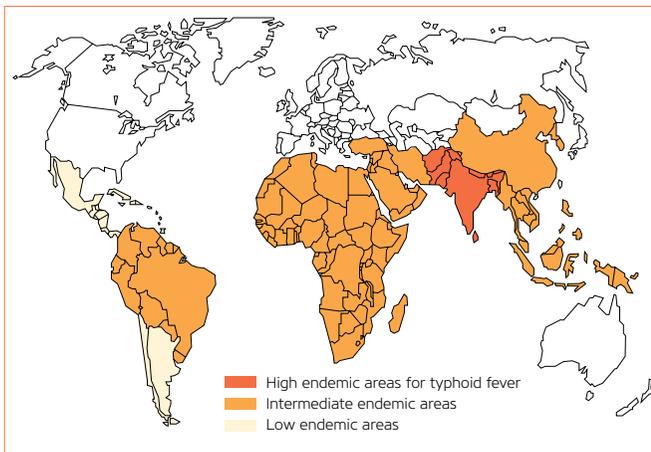
In some cases, travellers headed to high-risk areas are encouraged to get vaccinated. Even in countries where the infection rate is high, systematic vaccination is not recommended for those travelling on business or staying for short periods (less than four weeks) at resort hotels.

PREVENTION AND TREATMENT THROUGH MEDICATION

It is important to treat this illness with antibiotics in order to reduce fever and any risk of complications.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Food and Water” section on page 17.



Source: <https://www.inspq.qc.ca/sante-voyage/guide/immunisation/typhoide>

FLU (INFLUENZA)

Risk of exposure to influenza varies depending on the country and the time when you visit—in tropical regions, flu season can last all year. It is mainly transmitted through **saliva, coughing, and sneezing**. Cruises, where a large number of travelers are confined in a restricted environment, present a special risk. Symptoms include fever, cough, headaches, sore throat, runny nose, and general aches and pains.

PREVENTION THROUGH VACCINATION

According to recommendations issued by Quebec's public health agency, vaccination is advisable for travelers in certain groups, like those with chronic illnesses. Other travelers can opt for flu shots at their own cost.

PREVENTION AND TREATMENT THROUGH MEDICATION

If no other risk factors or complications are present, the flu can usually be treated without prescription drugs. More vulnerable people with a weaker immune system may need to see a doctor at any sign of symptoms, as they may be prescribed an antiviral treatment to reduce the duration of the flu. This can help you avoid complications that, in some cases, can result in hospitalization or even death.

PREVENTION AND PERSONAL PROTECTION

- Avoid all contact with anyone showing signs of the flu.
- Wash your hands regularly using soap and water or an alcohol-based hand sanitizer, and avoid touching your nose and mouth.

Warning! *People with chronic respiratory or cardiovascular diseases or even those suffering from diabetes are at high risk for the flu and any complications that may ensue. As a result, if they wish to travel, an annual flu shot is highly recommended. In addition, since these individuals, including the elderly, are more likely to develop pneumococcal pneumonia from the flu, they should consider getting a pneumococcal vaccine. Ask your healthcare professional about it.*

HEPATITIS A

Hepatitis A is a viral infection that affects the liver. It can cause fever, dark urine, light-coloured stools, loss of appetite, abdominal pain, and jaundice.

Hepatitis A is generally transmitted through **food and water that have been contaminated** by infected individuals. The virus can survive for days or even weeks in the environment. An infected person can spread the disease two weeks before symptoms appear. Symptoms generally appear about one month after contamination. Generally, people with hepatitis A recover within 4 to 6 weeks of contracting the disease, but it can take longer.

PREVENTION THROUGH VACCINATION

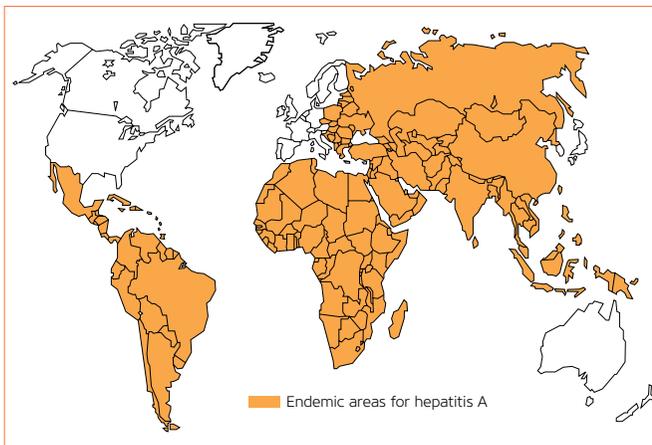
There is a vaccine for hepatitis A and it is strongly recommended for travelers.

PREVENTION AND TREATMENT THROUGH MEDICATION

There is no medication to prevent and treat hepatitis A. People who contract the virus are advised to rest, eat well, and avoid alcohol.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Food and Water” section on page 17.



Source: www.inspq.qc.ca/sante-voyage/guide/immunisation/hepatite-a/immunisation

HEPATITIS B

Hepatitis B is another viral infection that affects the liver. Some people display no symptoms after being infected with this virus. Others experience a loss of appetite, abdominal discomfort, joint pain, dark urine, light-coloured stools, and jaundice. Symptoms appear about one to six months after contamination.

Hepatitis B is transmitted by exposure to **infected blood or bodily fluids**. It also can be contracted by having **unprotected sexual relations, using contaminated drug or tattoo needles**, or sharing personal care items like razors, scissors, nail clippers or toothbrushes with someone who is infected with hepatitis B.

Generally, those who contract the virus recover in a few weeks. Some of them become chronic carriers who may remain contagious and infect others. They are also more at risk of developing other diseases and liver cancer.

PREVENTION THROUGH VACCINATION

There is a vaccine for hepatitis B, and it is strongly recommended for travelers. Those who have not received the hepatitis A vaccine can get a combination vaccine for both.

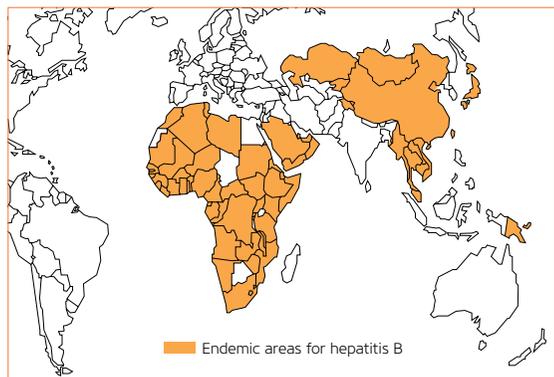
PREVENTION AND TREATMENT THROUGH MEDICATION

Treatment is primarily to relieve the associated symptoms. Rest, hydration, analgesics and a healthy lifestyle are recommended. Some treatments administered by injection or taken in tablet form can treat hepatitis B in some cases.

PREVENTION AND PERSONAL PROTECTION

Adopt a responsible attitude and intelligent behaviours:

- Avoid having sexual relationships with strangers / casual partners. If you do, avoid penetration and ALWAYS use a condom from the beginning to the end of the sexual intercourse.
- If you want to get a piercing or a tattoo, ensure that the equipment has been previously sterilized or that it is new.
- Do not use someone else's razor.



Source: wwwnc.cdc.gov/travel/yellowbook/2018

LYME DISEASE



Lyme disease is an infectious disease caused by a bacteria transported and transmitted to humans or animals through the **bite of some species of infected ticks**. Ticks are found mainly in woodlands, forests and tall grasses. They can be very small and their bites are not generally painful, so they go unnoticed. However, in about 60% to 80% of cases, redness appears at the site of the bite and it is sometimes accompanied by general symptoms such as fever, fatigue, headaches and stiffness in the neck. The symptoms generally appear within 3 to 30 days after being bitten.

If left untreated, the bacteria causing Lyme disease can spread throughout the body over the following months and can cause serious damage to the heart, joints and brain.

PREVENTION THROUGH VACCINATION

To date, there is no vaccine to prevent Lyme disease.

PREVENTION AND TREATMENT THROUGH MEDICATION

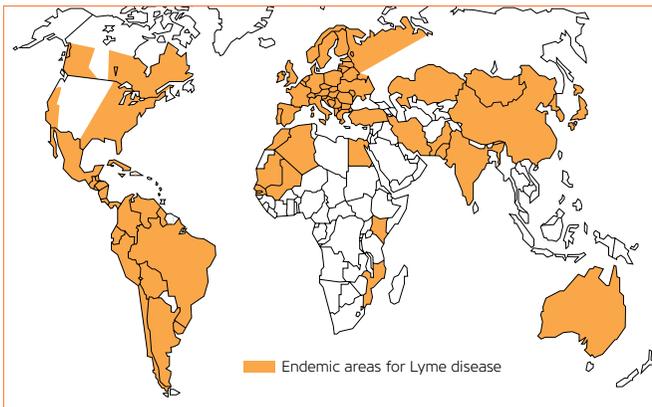
There is no medication to prevent this infection. If symptoms appear, treatment with oral antibiotics will be recommended.

PREVENTION AND PERSONAL PROTECTION

The best way to prevent Lyme disease is to avoid tick bites. Wear long, light-coloured clothing to cover your skin and to more easily spot ticks, which are generally dark coloured.

Using an effective DEET or icaridin-based insect repellent, a good shower and a careful examination of the skin after outdoor activities in endemic areas are also recommended.

Refer to the tips in the “Mosquito Bites” section on page 18.



MALARIA

Malaria is a serious disease that can be fatal. It is transmitted by **infected mosquito** that bite primarily between sunset and sunrise. The first signs of the disease are fever, chills, pain, headaches, and fatigue. It is important to consult a doctor if an unexplained fever arises any time between 7 days and **12 months after possible exposure**. A case of malaria becomes a medical emergency that can sometimes require intensive care.



PREVENTION THROUGH VACCINATION

To date, there is no vaccine that can prevent malaria.

PREVENTION AND TREATMENT THROUGH MEDICATION

Oral antimalarial medication can significantly reduce the risk of contracting the disease. However, it is no substitute for mosquito bite prevention measures. When selecting a preventive treatment, it is important to follow the most current recommendations because in some areas, the disease is resistant to certain medications.

Antimalarial medication rarely causes adverse effects, but you should try the medication before leaving to monitor the emergence of any side effects.

Depending on the antimalarial drug your doctor prescribes, your treatment may:

- Begin one week or a few days before you leave.
- Be taken once a day or once a week during your trip.
- End one to four weeks after your return.

Malaria can also be treated if it is detected quickly.

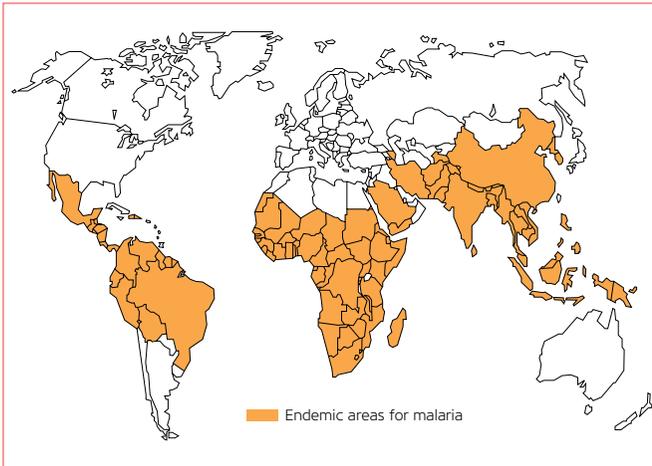
Did you know...

Your pharmacist is a professional skilled at prescribing proper treatment for malaria prevention. Ask for appropriate recommendations based on your travel destination.

PREVENTION AND PERSONAL PROTECTION

See the tips in the “Mosquito Bites” section on page 18.

Warning! *Since children have a greater risk of developing more severe symptoms, you should avoid taking them to an area where there is a risk of malaria. If however you decide to do so, children should also be protected with an effective mosquito repellent and take preventive medication as needed.*



Source: wwwnc.cdc.gov/travel/yellowbook/2018

RABIES

Rabies is a viral infection. It can be transmitted to humans through the **saliva of infected animals** by bites, scratches or even licks on cracked skin or the mucous membranes (eyes, nose or mouth). Rabies causes a fatal inflammation of the brain and spinal cord.



Warning!

Extended trips to Asia have become increasingly common among young travelers in recent years. Young travelers tend to let their guard down over time, especially if nothing bad happens. Monkey bites are becoming increasingly frequent in destinations like Thailand and Indonesia for example. Always be careful!

PREVENTION THROUGH VACCINATION

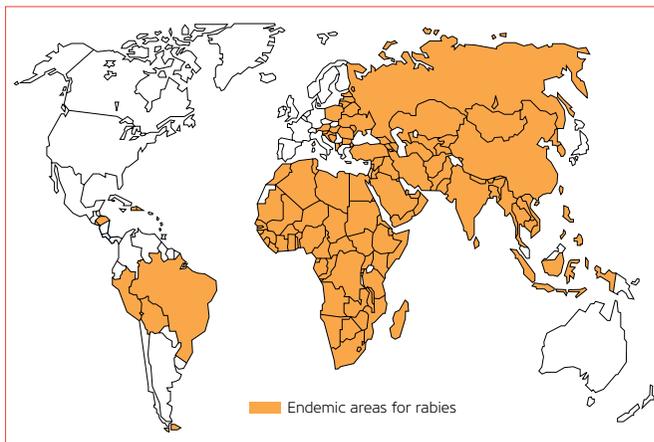
The preventative vaccination is effective but does not eliminate the need for a vaccination in the event of a bite. Get your doctor to assess the risk of exposure to rabies and the availability of the rabies vaccine in the region you will be visiting.

PREVENTION AND TREATMENT THROUGH MEDICATION

Thoroughly wash the wound or area that came into contact with the saliva using soap and water for 10 to 15 minutes, even if several hours have elapsed since the incident. Apply a disinfectant such as alcohol, iodine, or chlorhexidine 2%. Consult a doctor immediately, even if you have already been vaccinated. You need to begin treatment before symptoms appear.

PREVENTION AND PERSONAL PROTECTION

Avoid contact with animals: Do not pet or feed them.



Source: who.int/rabies

HIV/AIDS

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS. It is transmitted through **body fluids**, such as blood, sperm, vaginal secretions and breast milk. Thus, the virus can be spread during unprotected sexual intercourse (anal, oral, vaginal), through an infected syringe (injection of drugs, tattooing, blood transfusion, “piercing”, etc.) or from a woman to her baby during pregnancy or childbirth.

Warning! *There is no way to transmit a sexually transmitted infection through everyday activities. You cannot contract such an infection simply by being in the same place as an infected person (on public transportation, for example). Furthermore, there is no reason to believe that insect bites can spread this kind of infection.*

It may take several years from being diagnosed with HIV (HIV-positive patient) and developing AIDS, and the symptoms are not always present. At first, they are very similar to those of the flu (fever, fatigue, muscle aches, sore throat, headaches, etc.). The more the disease progresses, the weaker the immune system and the more difficult it is for the patient to fight common infections, leading to a chronic medical condition, long-term disability and death. It is not the AIDS virus that is deadly in itself, but rather the development of repetitive infections that the body will be unable to fight.

Warning!

Some countries have established restrictions on immigration and visas, limiting entry of people with HIV/AIDS. Therefore, before travelling HIV-positive individuals must undergo a complete examination and obtain their doctor's opinion.

PREVENTION THROUGH VACCINATION

No effective vaccine against HIV/AIDS exists to date. The only way to protect oneself from the disease is to take personal precautions.

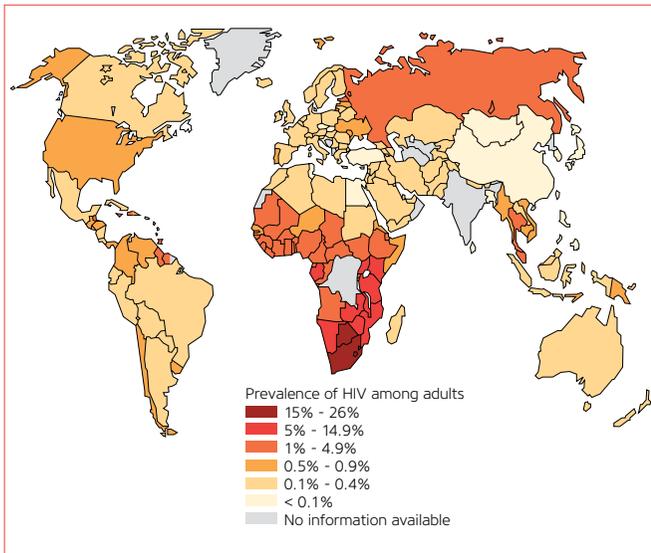
PREVENTION AND TREATMENT THROUGH MEDICATION

No medication can prevent or cure HIV/AIDS. The prescribed medication (antiretrovirals) prevents the virus from reproducing and slows down its progression. This must therefore be administered as soon as possible. By controlling the viral load, which is the number of viruses in the blood, the person can live a normal life for longer period of time.

PREVENTION AND PERSONAL PROTECTION

Having a responsible attitude and choosing smart behaviours is the best way to protect yourself from HIV.

- Avoid having sex with strangers or casual partners. If you do, avoid penetration and ALWAYS use a condom from the beginning until the end of sexual intercourse, keeping in mind that the virus can be transmitted orally, anally and vaginally without regard to your sexual orientation.
- If you want to get a piercing or a tattoo, ensure that the equipment has been previously sterilized or that it is new.
- In case of assault, or if you suspect that you have been in contact with HIV, consult a doctor as quickly as possible. A treatment may be prescribed to reduce the risk of contagion and to rapidly control the course of infection if this is the case.



ZIKA

Zika is a viral disease transmitted by an **infected mosquito bite**. Generally, the infection is mild, without significant consequences and the majority of patients will not develop symptoms. However, if this is the case, they will appear a few days after exposure and last less than a week. These include fever, muscle or joint pain, swollen eyes, rash and headache.



Zika can also be sexually transmitted through sperm from a man to a woman and also genetically during pregnancy, from mother to foetus. This transmission is the most feared as it can cause serious congenital malformations such as smaller brains (microcephaly) and an abnormal neurological system.

The virus usually lives in the tropics. Mosquitoes transmit Zika similar to dengue, day and night, but especially at sunrise and sunset.

PREVENTION THROUGH VACCINATION

To date, there is no vaccine to prevent Zika.

PREVENTION AND TREATMENT THROUGH MEDICATION

The treatment consists mainly of relieving the associated symptoms when present. Thus, rest, good hydration and the use of painkillers are suggested to reduce fever, headaches and pain as needed.

Warning!

The mosquito carrying the Zika virus does not live here, but considering the viruses ability to be sexually and genetically transmitted, some cases have been reported in Canada and the United States because of travelers who "bring back" the virus to the country.

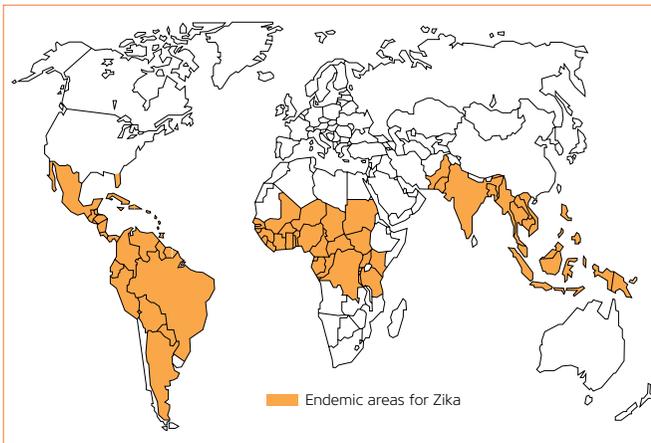
PREVENTION AND PERSONAL PROTECTION

The best prevention is of course to avoid exposure to this mosquito. See the tips in “Mosquito Bites” on page 18.

The international situation concerning Zika is constantly changing. Get regular information on voyage.gc.ca to ensure you have the most up-to-date information for your destination.

Did you know... *It is suggested that young women who want to become pregnant wait at least two months after potential exposure to the virus before conceiving a child to ensure that any trace of the virus is dispelled. For men who have traveled to a place at risk of contracting Zika, it is suggested he wait for 6 months before conceiving a child since his sperm may carry the virus.*

The international situation concerning Zika is constantly changing. Get regular information on voyage.gc.ca to ensure you have the most up-to-date information for your destination.



Source: wwwnc.cdc.gov/travel/



Altitude Sickness

As a traveller gains altitude, the total atmospheric pressure and the oxygen pressure decrease. In other words, oxygen becomes scarce, which is essential for certain organs, such as the brain and lungs, to function properly.

To compensate for the lack of oxygen, the body naturally increases the respiratory and heart rate to carry more oxygen through the bloodstream. Sometimes, however, acclimatization doesn't occur fast enough, leading to acute altitude sickness.

It usually appears a few hours **after** arriving at altitude. That's why it doesn't affect people who ride a cable car up to a lookout point for a short period.

It's important to note that acute altitude sickness disappears upon descending.

RISK

The risk of developing acute altitude sickness depends on the **speed of ascent** and the **altitude reached**. Anyone can be affected, regardless of age or gender. And contrary to what one may think, it has nothing to do with a climber's physical condition. Even someone in top shape can be affected. So be careful!

SYMPTOMS

When the body fails to adapt to the speed of ascent, certain symptoms begin to appear. Acute altitude sickness is common and generally benign, but as the consequences are potentially fatal, it shouldn't be taken lightly. The following symptoms usually appear 6 to 24 hours after arriving at altitude:

- Headache (resistant to analgesics)
- Severe fatigue
- Gastrointestinal problems: nausea, vomiting, loss of appetite
- Dizziness and light-headedness
- Trouble sleeping

PREVENTATIVE MEASURES

The golden rule to avoid acute altitude sickness is to climb gradually. Bearing in mind that the body needs time to acclimatize to altitude, here are some tips to help plan a safe ascent.

DON'T CLIMB TOO HIGH TOO FAST

- First, don't climb quickly to altitudes of 2,500 to 3,000 meters.
- Ideally, spend two or three nights at that altitude before going any higher.
- Beyond 3,000 meters, it is recommended not to climb more than 300 to 400 meters per day.
- If you climb more than 600 to 900 meters in a day, spend an additional night at that altitude.
- Don't spend the night at an altitude more than 500 meters higher than the previous night.
- Spending the night at a lower altitude than maximum reached during the day can help you acclimatize.
- Plan an additional rest day every second or third day (especially if you didn't stay 2 nights at 2,500 to 3,000 meters).
- Avoid alcohol or sleeping pills, which suppress breathing and limit oxygen intake during sleep.

WHAT TO DO IF YOU DEVELOP ACUTE ALTITUDE SICKNESS

When signs of acute altitude sickness appear, it is critical to stop climbing. Depending on the severity of the symptoms, you may not have to descend immediately, but at the very least, you have to rest at that altitude. Going any higher could aggravate the situation. If the symptoms persist, descend to a lower altitude.

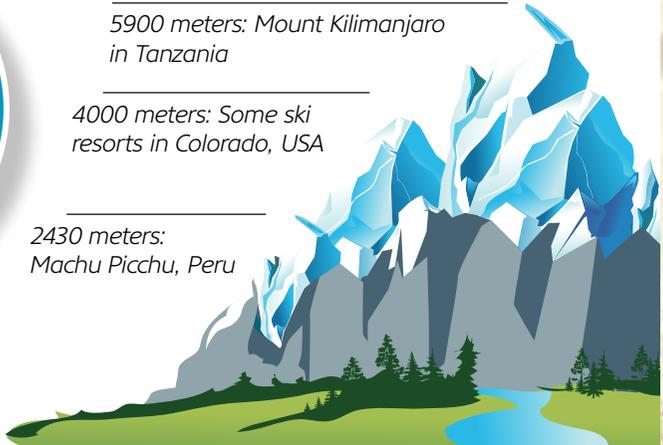
Did you know...

Altitude sickness can occur as of 2500 meters.

5900 meters: Mount Kilimanjaro in Tanzania

4000 meters: Some ski resorts in Colorado, USA

2430 meters: Machu Picchu, Peru



If acute altitude sickness is ignored, it could lead to complications like pulmonary edema (fluid in the lungs) or cerebral edema (fluid in the brain), which can be fatal.

That's why you should descend immediately and take the appropriate medication if any of the following symptoms appear:

- Lack of coordination
- Respiratory problems
- Change of mood
- Blurred vision
- Difficulty breathing while at rest

It is very important to seek information from an agency specializing in this type of travel to plan your trip appropriately.

There is prescription medication available to help prevent or treat acute altitude sickness. However, the prevention methods described above still apply. Talk to a doctor at a travel clinic or your pharmacist to see if you need a prescription for your planned ascent.

Did you know...

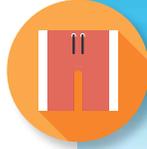
Your pharmacist is a professional skilled in prescribing treatments needed to prevent acute mountain sickness. Ask about it at your pharmacy.

Did you know... *If it is impossible to descend immediately or if the symptoms persist, the patient will have to be placed in a hyperbaric chamber, which provides a more oxygen-rich environment.*

IMPORTANT!

It is strongly recommended that travellers headed for a high-altitude destination consult a doctor at a travel clinic before leaving, especially if they have known health problems, are pregnant, are taking oral contraceptive, have a record of previous problems at altitude, or are under the age of 12. It is important to be familiar with the risks and symptoms associated with this problem.

Travel Health Checklist



Here is a checklist to help you prepare your travel medical kit (based on your travel style and your health condition):

- Tablets for pain, fever, colds (e.g. acetaminophen, ibuprofen)
- Tablets against diarrhea and constipation
- Tablets for malaria, altitude sickness, traveler's diarrhea
- Personal medications (in their original container with a copy of the prescription)
- Antibiotic cream (burn, cut, infection)
- Rehydration packets for severe diarrhea or vomiting
- Mosquito repellent with DEET or Icaridin
- Anti-itch cortisone cream (insect bites, itching)
- Oral anti-allergic (e.g. Benadryl)
- Anti-nausea (e.g. Gravol)
- Antacid for the stomach (e.g. Gaviscon)
- Sunscreen (minimum SPF 30)
- Hypoallergenic moisturizing cream/lotion
- Antibacterial disinfectant for hands



Useful Information

CANADIAN AIR TRANSPORT SECURITY ADMINISTRATION

www.catsa-acsta.gc.ca

FOREIGN AFFAIRS, TRADE AND DEVELOPMENT CANADA

www.voyage.gc.ca or phone 1-800-267-6788 for travel reports and general information. For information on a specific country's political or economic situation, the risks of infectious diseases or other possible dangers. Information about passports, visas and international driver's licenses.

PUBLIC HEALTH AGENCY OF CANADA

www.phac-aspc.gc.ca or phone 514-283-2858. A list of travel medicine clinics and immunizations recommended for travel abroad.

CANADA BORDER SERVICES AGENCY

www.cbsa-asfc.gc.ca or phone 1-800-959-2036. Guide for Canadian residents who are returning to the country.

INTERNATIONAL ASSOCIATION FOR MEDICAL ASSISTANCE TO TRAVELERS

www.iamat.org or phone 416-652-0137. A directory of knowledgeable healthcare professionals who practice in various countries and speak English.

HEALTHMAP GLOBAL HEALTH, LOCAL KNOWLEDGE

www.healthmap.org.fr

TRANSLATION

www.freelang.com. Multi-language translation site.

INTERNATIONAL TRAVEL AND HEALTH

www.who.int/ith. Information provided by the World Health Organization on health for travel abroad.

OTHER SOURCES

INSTITUT NATIONAL DE SANTÉ PUBLIQUE DU QUÉBEC

www.inspq.qc.ca. Guide d'intervention santé-voyage – Situation épidémiologique et recommandations (available in French only)

CENTERS FOR DISEASE CONTROL AND PREVENTION, YELLOW BOOK 2018

<http://wwwnc.cdc.gov/travel/page/yellowbook-home-2018>

LE MAL DES MONTAGNES, 2008, BY PASCAL DALEAU



In this Guide

Planning and Preparation
Travelling with Medication
Travelling While Pregnant
Travelling with Children
Travelling Comfortably
Vaccination
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