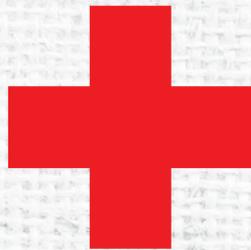


Psst!

Plan to Stay in Shape Today

FIRST AID

KIT PREPARATION GUIDE



2nd Edition

 **familiprix**

A KIT FOR EVERYONE!



Whether you're a frequent traveller, seasoned camper or more prudent person, incidents or discomfort can occur at any time. Therefore, it is better to always have a first aid kit in your luggage or at home so you are prepared to handle the unexpected. This kit should include the medications and accessories you'll need to provide basic care in case of minor injuries or sickness.

Some first aid kits are sold in stores, but they are often incomplete and expensive. For these reasons, we recommend that you prepare a kit yourself that will truly meet your needs. You should consider its purpose, such as for use on a trip or at home, etc., who it will serve (children, adults, etc.), and the amount of space you have to store it.

Our guide is designed to help you make an efficient, functional kit that suits your needs.

CAUTION! Keep in mind that your kit will not necessarily allow you to provide adequate care in a serious emergency because its contents is rather limited.

In such cases, it is strongly recommended to contact emergency services without delay.



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WHAT TO PUT IN YOUR KIT?

What you put in your kit will depend mainly on where it is used (e.g., at home, in a foreign country, etc.), this location's conditions (e.g., weather, cleanliness, etc.), and the activities you anticipate doing, such as excursions or sports.

For example, at **home** you might choose to have a more elaborate first aid kit in order to be able to treat a simple cut or burn while cooking, a wound from falling off a bike, or gastroenteritis during the night.

For **camping** and **travelling**, your kit's contents must be suitable for the type of trip you're planning as well as your destination. A wilderness camping lover or a globetrotter who prefers out-of-town destinations should carry a well-stocked kit, as help may be far away and it may be impossible to get the essentials. On the other hand, if you have a camper trailer at a campground located in a village, or you choose to vacation at an all-inclusive resort, you will generally be able to get products nearby. In this latter case, you may opt for a more rudimentary kit.



The same goes for the kit you put in your **vehicle**. You may opt for a more complete kit when driving in the suburbs or the countryside, or a more basic kit when your destination is in or near the city.

Nevertheless, even the most complete first aid kit will not help you if you do not know how to use its contents. Here is a non-exhaustive list of products that can be found in a kit as well as how to use them.

Learn about these suggested items and adapt your kit to your reality and needs.



NEED A HAND?

Do not hesitate to ask your pharmacist for help or advice to build or complete your kit.

THE CASE



Gathers all your products and instruments in one place.

There are many options depending on how you intend to use your kit. For example:

- A fishing tackle box or a plastic case: they are resistant and waterproof, and can be perfect for a kit in your home or your vehicle.
- A re-sealable plastic bag or a fabric case: more practical to place in your luggage, this type of case can be a wise choice for your travel kit.



TIP

Make sure that you can see your material at a glance through the case.

WHAT YOU NEED FOR WOUNDS



CLEANING AND DISINFECTION

TRUE OR FALSE?

Hydrogen peroxide or alcohol should be used to properly disinfect a wound.

FALSE. Neither hydrogen peroxide nor alcohol is recommended to disinfect a wound, as these can delay healing by attacking the regenerating cells. Cleaning with a gentle soap and water is ideal.

CLEAN

Clean water and mild soap

Unscented, allergen-free

Physiological serum

Saline solution 0.9%
(e.g., *Wound Wash*)

Available in:

- Spray or single-dose applicator

DISINFECT

Chlorhexidine-based product

Disinfects the wound when it is visibly dirty e.g., presence of debris

Available in:

- Spray, individual pads or bottle

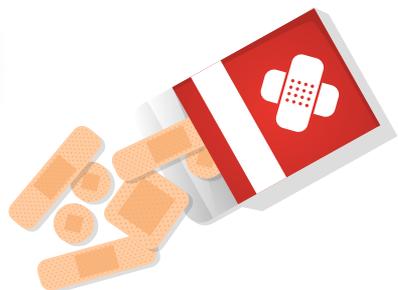
THE 5 STEPS TO FOLLOW WHEN CLEANING A WOUND

- 1 Wash your hands with soap and water.
- 2 Remove any debris found in the wound with tap water.
- 3 If the wound is visibly dirty (e.g., presence of debris), you can disinfect it with a chlorhexidine-based product.
- 4 To change the following dressings, clean the wound with water and unscented soap or with cleansing solution without touching it directly and taking care to rinse it well.
- 5 Dry it delicately.



CAUTION! Always clean from the centre of the wound towards the periphery to avoid bringing the outside microbes into the wound.

AVOID
changing your dressing every day. Change it only if it is dirty or soaked with liquid.



TRUE OR FALSE?

A wound heals better if it is left exposed to the air.

GENERALLY FALSE. The dressing helps to protect the wound from dirt and bacteria and maintains a moist environment conducive to healing.

TREATMENTS

Antibiotic ointment or cream

- Helps **treat** minor wounds with signs of infection (e.g., redness around the wound, local heat, the presence of pus, pain, etc.)
- Helps **prevent** infection in the case of a superficial burn, and prevents the dressing from sticking to the wound
- Use ointment if the wound is crusted and dry, and cream if it is wet.
- Avoid antibiotic products (cream or ointment) that contain an anaesthetic (e.g., Xylocaine) to relieve pain, as they may represent a risk of allergic reaction.

CAUTION! If signs of infection intensify or if they persist, please consult a doctor.

PRIMARY DRESSINGS:

Applied directly on the wound



Compresses

- Used to **cover** a simple wound.
- Must be secured using a secondary dressing (see p. 15)

There are several types of compresses that you can choose depending on the nature of your wound (e.g., abrasions, burns) and the amount of drainage.

Here are the main ones:

Sterile gauze compress

- **Covers** wounds with a lot of drainage, as it is more absorbent.
- You can also use sterile gauze compresses to clean a shallow wound (apply cleansing solution to the compress).

STERILE OR NON-STERILE?

A dressing or a gauze compress applied to a wound must always be sterile. Non-sterile products must not come into direct contact with the wound.

Sterile non-adhesive compress

- **Prevents** the dressing from sticking to the wound, which helps prevent tearing off the healed tissue or causing it to bleed when changing the dressing.

Sterile compress with a substance

(e.g., hydrogel or petroleum jelly)

- **Covers** superficial burns or abrasions.
- Can be covered in an oily substance, which prevents it from sticking to the wound or even a gel like hydrogel that, in the case of a burn, can help reduce pain by providing a sensation of freshness, accelerate healing and reduce the risk of blistering.

CAUTION! Before applying a dressing to a burn, run cold water on the affected region for up to five minutes. If that isn't enough, then you can apply cold presses.

Compression bandage

- Used to compress a wound which bleeds abundantly.
- Provides significant absorption and does not stick to the wound.
- Do not apply this dressing too tightly.



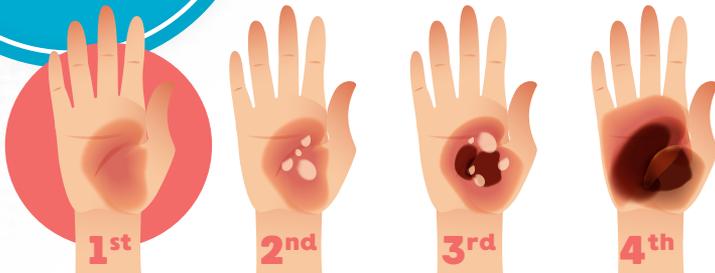
CAUTION! If the wound continues to bleed after a period of five minutes despite the use of a compressive bandage, consult a doctor immediately.

WHAT DOES A SUPERFICIAL BURN MEAN?

A superficial burn, also known as a “first-degree burn”, affects the superficial layer of the skin called the “epidermis”. The skin of a superficial burn will appear red, dry and painful. Sometimes there will be small lesions similar to blisters. It is important **not to pierce them**, as this could lead to infection. A superficial burn will usually heal within three to six days.

Most superficial burns can be treated at home.

DEGREES OF BURNS



“Standard” adhesive dressings

(e.g., Band-Aid™)

- **Cover** simple wounds with little drainage.

Sizes available:

- 1 Regular
- 2 Fingertip
- 3 Joint
- 4 Elbow
- 5 Knee



If you are sensitive to adhesives, use hypoallergenic dressings (e.g., paper adhesive).

AVOID

Fabric bandages as they become wet and contaminate more easily.

Choose bandages that stick to the skin on four sides to prevent contamination and keep dirt from entering.

Butterfly closures or suture adhesives

- **Bring both sides** of a minor cut together so that it can be properly closed.
- Do not apply to wet or oily skin.



CAUTION! If the butterfly closures are not properly affixed, there is a greater risk of scarring. This dressing is not suitable for all types of wounds. Do not hesitate to consult a professional if needed.

Dressings for phlyctens (blisters)

- **Protect** the blister from friction. They can remain in place for several days.



Liquid or aerosol dressings

- **Protect** a wound located in a location where it is difficult to apply a dressing.
- Can be used for chapped or cracked skin.
- Waterproof.
- Specific cracking formula available (contains vitamins C and E).



SECONDARY DRESSINGS:

Applied on top of the primary dressing

Net bandage

- **Keeps** the dressing in place.
- Many sizes available to cut in the length you want. (e.g., size n°1 for fingers and toes)



Adhesive tape

- **Keeps** the compress or the roll of gauze in place.
- Available in plastic or paper.
- Paper adhesive tapes are best for sensitive skin or sensitive areas as they stick less than plastic ones and are less likely to cause an allergic reaction.



Roll of gauze

- **Keeps** the dressing in place.
- Non-sterile, flexible and stretches slightly.
- Non-adherent, an adhesive tape is required to secure the dressing.
- There are several widths available, but the usual width is 10 cm.



Elastic bandage

- **Decreases** swelling and pain following an injury (e.g., sprain) or a vascular problem.
- **Restricts** certain problematic or painful movements.
- **Stabilizes** a joint.
- Can be adhesive or not, and can be flexible or semi-rigid.



CAUTION!

- Make sure that the covered skin is healthy, without wounds or ulcers.
- If you experience tingling, numbness, increased pain or swelling after applying your elastic bandage, remove it.
- It is generally not recommended to wear this type of bandage at night.

Adhesive dressing cover (e.g., Hypafix™)

- **Secures** compresses in place.
- The adhesive dressing cover sticks firmly to the skin.
- Adhesive dressing covers can be cut into the size you want.



CAUTION when considering using this dressing on infants and the elderly! Their skin is often thinner, more fragile and therefore more susceptible to injuries that may be caused by this type of dressing.

INSTRUMENTS AND OTHER ITEMS

Round-tip scissors

- Used to **cut** dressings and adhesive tape.



Sharp tip tweezers

- Useful for **removing** splinters.



Alcohol swabs

- Used to **disinfect** the instruments (scissors and tweezers) before and between use.

Gloves

- **Help to avoid contact** with another person's bodily fluids, like blood or saliva.

There are three options:

- **Latex:** Soft, elastic and resist breakage. These are available for a moderate cost.
- **Vinyl:** Gloves with low elasticity and less resistant. These are the least expensive.
- **Nitrile:** Gloves with similar characteristics as latex, but have a higher cost.



FOR WHAT TYPE OF INJURIES SHOULD A PROFESSIONAL BE CONSULTED?



It is recommended to consult a doctor immediately if **any of the following** symptoms or situations occurs:

- ✗ Deep or very open wounds
 - ✗ Wounds on the face
 - ✗ Wounds that continue to bleed a lot after five minutes
 - ✗ Skin pierced by a sharp object
 - ✗ Signs of infection in the wound that **intensify or persist**:
 - Redness around the wound
 - Local heat
 - Greenish and/or smelly drainage
 - Pain
 - Swelling
 - Fever
 - ✗ Expired immunization against tetanus (more than 10 years or more than 5 years if the wound was caused by a dirty object, e.g., rusty nail)
- ✗ Bites
 - ✗ Burns*
 - Deeper than the epidermis
 - On the face, eyes, ears, feet, genital organs or near joints (e.g., knees)
 - Caused by electricity or a chemical
 - Showing signs of infection
 - Larger than 7 cm in diameter
 - On a child under 5 years old, on an older person (70 years or more) or a person with a weakened immune system
 - Causing a fever (oral temperature of 38°C or more)

***Caution:** The presence of one of the points above warrants immediate consultation with a healthcare professional.

WHAT YOU NEED FOR FEVER AND PAIN



ANALGESICS

Acetaminophen (e.g., Tylenol™)

- Helps **relieve** fever and pain.

Dosage forms available:

- Tablets, capsules or liquid

Ibuprofen (e.g., Advil™)

- Helps **relieve** pain (e.g., sprain, menstrual pain, etc.) and decrease inflammation.

Dosage forms available:

- Tablets, capsules or liquid

NOTICE

When buying medication, always check with your pharmacist to ensure the product is suitable for you.

BUT WHAT ABOUT ASPIRIN? Aspirin is not recommended as the first choice of medication for pain relief because of its many contraindications. Please consult your healthcare professional before using this product.

INSTRUMENTS AND OTHER ITEMS

Digital thermometer with audible indicator

- Required to **take the body's temperature**.
- You can buy sensor covers when the thermometer is used for more than one person.
- Use an entirely different thermometer to take temperature rectally.



TEMPERATURE TAKING

Method	Fever from
Mouth	37.6 °C (99.6°F)
Armpit	37.4 °C (99.4°F)
Rectum*	38.1 °C (100.6°F)
Ear**	38.1 °C (100.6°F)

* Rectal is the recommended method for children under five years of age.
** Taking the temperature in the ears is not recommended, as it is less accurate.

Instant cold compress

- The anti-inflammatory action of the cold helps **reduce** the swelling and pain caused by an injury such as a sprain or a strain.
- Helps **relieve** pain at the location of a burn.
- Generally, just press the compress firmly to activate it and so it becomes cold.

CAUTION! Do not apply the compresses directly on the skin.

Thermal cushion (e.g., Magic Bag™)

 **Cold: Relieves** pain and swelling after a sprain, for example.

 **Hot: Relaxes** muscles and can be effective against muscle stiffness and cramps.

CAUTION! Shake the bag to properly distribute the heat and avoid burns!

Analgesic cream (e.g., Antiphlogistine™)

- Helps **relieve** by providing warmth and/or cold to the painful joint or by acting as an anti-inflammatory.
- There are several types of analgesic creams. Ask your healthcare professional which product is best for you.

Decongestant (e.g., Sudafed™)

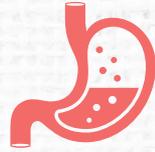
- Helps **unblock** the sinuses, and by the same token, **relieves** pain in the ears during aircraft take-off or landing.

Dosage forms available:

- Nasal spray or tablets

CAUTION! Decongestants are not recommended if certain health problems are present.

WHAT YOU NEED FOR DIGESTIVE TROUBLES



NAUSEA AND VOMITING

Anti-nausea (e.g., Gravol™)

- Helps **relieve** nausea and vomiting.

Dosage forms available:

- Tablets, suppositories or liquid

CAUTION! This medication may cause drowsiness. You can get this medicine in a non-drowsy version (ginger-based).

DIARRHEA

Antidiarrheal (e.g., Imodium™)

- Helps **relieve** diarrhea.

Dosage forms available:

- Tablets, capsules or liquid

CAUTION! This product should not be used if the person with diarrhea has a fever, or mucous or blood in their stool. If the diarrhea persists for more than 48 hours, please consult a doctor.

HEARTBURN

Antacid (e.g., Gaviscon™)

- This helps **relieve** heartburn and gastrointestinal reflux.

Dosage forms available:

- Tablets or liquid

Depending on the symptoms experienced during your digestive troubles, your healthcare professional can advise you on which product to keep in your kit.

VOMITTING AND DIARRHEA

Oral rehydration solution (e.g., Gastrolyte™)

- Helps **prevent** dehydration by compensating for the water, electrolytes, and sugar lost during vomiting and/or diarrhea.

Dosage forms available:

- Ready-to-use solution or sachets to dilute in water.

TIP



**This solution can
be refrigerated
to facilitate
ingestion.**

OCCASIONAL CONSTIPATION

Laxative (e.g., Lax-A-Day™)

- Helps **relieve** occasional constipation by softening the stool and retaining water in the intestines. This laxative may take a few days to work.

Dosage forms available:

- Powder sachets to dilute



CAUTION!

Generally, a laxative should not be used on a regular basis since it can make the intestine “lazy” and dependent on the medication to function properly.

Your healthcare professional may recommend a different product for your kit depending on the symptoms experienced during your digestive trouble.

WHAT YOU NEED FOR ALLERGIES OR ITCHINESS



Antihistamine (e.g., Benadryl™)

- Helps **relieve** the symptoms (itchiness, redness and swelling) caused by mosquito bites, contact with poison ivy or everyday allergies.

Dosage forms available:

- Tablets, dispersible tablets or liquid

CAUTION! This medication may cause drowsiness.

Hydrocortisone cream

- Helps **relieve** minor itchiness and redness on a small area of the body.

CAUTION! Do not apply this product to an open wound.

OTHER ITEMS TO HAVE ON HAND



HYGIENE

Hand sanitizer

- Convenient way to **disinfect** your hands before eating during excursions or any other activity in which running water and soap are unavailable.

SUNSCREEN

Sunscreen with a minimum sun protection factor (SPF) of 30

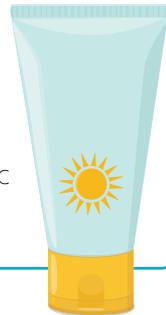
- Helps **protect** the skin from sunburn.

Available in:

- Creams, aerosols or lip balms

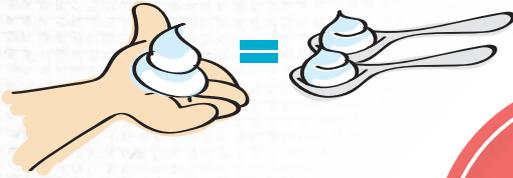
WHAT TO LOOK FOR WHEN BUYING SUNSCREEN

- Protects against UVA and UVB rays
- SPF 30 or higher
- Indicates “water-repellent” or “water-resistant”
- Hypoallergenic, non-irritating, non-comedogenic
- Free of parabens



APPLICATION TIPS

- 1 Apply generously, 30 minutes before exposure to sunlight.
 - 30 ml (2 tablespoons) for an adult's body;
 - 15 ml (1 tablespoon) for a child's body.



- 2 Repeat every two hours or after each swim.

CAUTION!

**Do not use
sunscreen on
infants under
six months.**

Moisturizing cream or lotion

- Help **moisturize** the skin after a sunburn or prolonged exposure to sun.
- Can be refrigerated to provide a soothing, refreshing feeling.
- Unscented, hypoallergenic creams or lotions are better.
- Taking an analgesic can reduce the pain associated with a sunburn.

INSECT REPELLENT

- Helps **prevent** mosquito or tick bites.

Available in:

- Spray or lotion



Choose a product that contains one of these three ingredients:

- **DEET**
- **Icaridin**
- **Lemon eucalyptus** (not to be confused with eucalyptus oil or citronella)

CAUTION! Only DEET and Icaridin are known to be effective **against ticks**.

Choose your insect repellent based on the age of the people who will be using it as well as the desired duration of protection. Please note that it is not recommended to apply insect repellent on an infant under 6 months.

CAUTION! It is not recommended to use a product containing DEET combined with a sunscreen. Use the two products **separately** instead. To avoid reducing the sunscreen's effectiveness, apply it **20 minutes** before applying DEET. Wait at least one hour after you bath or shower before applying DEET.

INSTRUMENTS AND OTHER ITEMS

Needleless plastic syringes

- Useful for **administering** liquid medications to children.

Sling

- Helps **immobilize** or **support** a limb such as an arm or a wrist in case of a fracture or sprain



Make sure that you have safety pins in case you need them.

OTHER USEFUL PRODUCTS

**Water resistant matches
(or regular matches
in a watertight case)**

Flashlight

Blanket



A cardio-pulmonary resuscitation (CPR) mask

- **Reduces the risk of infection** during CPR manoeuvres by avoiding direct contact with the mouth and face of the person in distress.

BE EVEN BETTER PREPARED!

Did you know that many organizations like the Canadian Red Cross, The St. John Ambulance, The Heart and Stroke Foundation and even the Government of Quebec offer first aid and CPR courses suitable for the general public?

Find out more!

St. John Ambulance

www.sja.ca

Canadian Red Cross

www.redcross.ca

The Heart and Stroke Foundation of Canada

www.heartandstroke.com

Health and Wellness Portal – Government of Quebec

www.sante.gouv.qc.ca

See the Hero in 30 Training Course



DON'T FORGET ANYTHING!

Now that you know a bit more about how the various products are used, you are ready to put your kit together! Use the checklists on the following pages to make sure you have everything you need.

EXPIRED MEDICATIONS?
Bring them to your pharmacy so that they can be destroyed safely.

DON'T FORGET TO...

1. Store your kit at room temperature, free from freezing, heat and moisture;
2. Make sure everyone knows its location;
3. Avoid using a locked case. The kit must be readily accessible;
4. Keep the kit out of reach of children;
5. Inspect your kit's contents regularly (e.g., every 6 months), and replace expired or used items;
6. Keep your first-aid knowledge up-to-date.

IMPORTANT!

Depending on your state of health and that of your loved ones, some medications should always be with you, and not in your kit:

- ✓ An epinephrine pen for people with severe allergies;
- ✓ Nitroglycerin spray for people with a heart disease;
- ✓ Glucose tablets for diabetics who inject insulin;
- ✓ Inhaler for people with asthma.

AT HOME



- Cleansing solution
- Chlorhexidine-based product
- Antibiotic ointment or cream
- Selection of primary dressings
- Selection of secondary dressings
- Round-tip scissors
- Sharp tip tweezers
- Alcohol swabs
- Latex or vinyl gloves (or nitrile if allergic)
- Digital thermometer with sound indicator
- Thermal cushion (e.g., Magic Bag™)
- Analgesic (e.g., Tylenol™ or Advil™)
- Analgesic cream (e.g., Antiphlogistine™)
- Anti-nausea (e.g., Gravol™)
- Antidiarrheal (e.g., Imodium™)
- Oral rehydration solution (e.g., Gastrolyte™)
- Laxative (e.g., Lax-A-Day™)
- Antihistamine (e.g., Benadryl™)
- Antacid (e.g., Gaviscon™)
- Hydrocortisone cream
- Sunscreen with minimum SPF 30
- Moisturizing cream or lotion that is unscented and hypoallergenic
- Insect repellent with DEET or Icaridin
- Needleless plastic syringes
- Sling with safety pins
- Flashlight with rechargeable batteries

IN YOUR VEHICLE



- Chlorhexidine-based product (e.g., individual swabs)
- Selection of primary dressings
- Selection of secondary dressings
- Round-tip scissors
- Sharp tip tweezers
- Alcohol swabs
- Latex or vinyl gloves (or nitrile if allergic)
- Instant cold compresses
- Sling with safety pins
- Hand sanitizer
- Flashlight with rechargeable batteries (keep in a separate bag)
- Water-resistant matches or regular matches stored in a watertight case
- Emergency blanket
- CPR mask

CAUTION! Regardless of the season, whether from the summer heat or the winter cold, some products or medications left in your vehicle can reach temperatures that may alter their stability and effectiveness.

Be sure not to leave any medications in your vehicle and to regularly check the products in your kit.

WHILE CAMPING



- Sterile cleansing solution spray
- Chlorhexidine-based product
- Antibiotic ointment or cream
- Selection of primary dressings
- Selection of secondary dressings
- Round-tip scissors
- Sharp tip tweezers
- Alcohol swabs
- Latex or vinyl gloves (or nitrile if allergic)
- Instant cold compresses
- Analgesic (e.g., Tylenol™ or Advil™)
- Anti-nausea (e.g., Gravol™)
- Antidiarrheal (e.g., Imodium™)
- Oral rehydration solution (e.g., Gastrolyte™)
- Antihistamine (e.g., Benadryl™)
- Hydrocortisone cream
- Sling with safety pins
- Hand sanitizer
- Minimum SPF 30 sunscreen
- Lip balm with minimum SPF 30 sunscreen
- Insect repellent with DEET or Icaridin
- Flashlight with rechargeable batteries (keep in a separate bag)
- Water-resistant matches or regular matches stored in a watertight case

WHILE TRAVELLING



- Antibiotic ointment or cream
- Selection of primary dressings
- Selection of secondary dressings
- Round-tip scissors
- Sharp tip tweezers
- Alcohol swabs
- 1-2 pairs of latex or vinyl gloves (or nitrile if allergic)
- Analgesic (e.g., Tylenol™ or Advil™)
- Antidiarrheal (e.g., Imodium™)
- Oral rehydration solution sachets (e.g., Gastrolyte™)
- Laxative (e.g., Lax-A-Day™)
- Antacid (e.g., Gaviscon™)
- Antihistamine (e.g., Benadryl™)
- Hydrocortisone cream
- Hand sanitizer
- Minimum SPF 30 sunscreen
- Lip balm with minimum SPF 30 sunscreen
- Insect repellent with DEET or Icaridin
- Moisturizing cream or lotion that is unscented and hypoallergenic
- Personal medications (in their original case(s) along with a copy of the prescription)

TIP! Pack a sufficient amount of your regular prescription medicine in your travel kit—and even a little more in case your return is delayed. Store it in your carry-on. If your luggage is lost or late arriving, you will still have your medication with you.

USEFUL LINKS

Public Health Agency of Canada

<https://travel.gc.ca/>

Travel Advice and Advisories section

Health Safety and Risk section Canadian

Red Cross

www.redcross.ca

First Aid Tips and Resources section

Government of Québec

sante.gouv.qc.ca

Health and Wellness Portal

World Health Organization

www.who.int/ith/

International Travel and Health section

IMPORTANT PHONE NUMBERS IN CASE OF EMERGENCY



Emergency: 911

Poison Control Centre: 1-800-463-5060

HealthLine: 811

Regional hospital:

CLSC/Medical clinic:

Pharmacy:

Dentist:

Neighbour, parent or friend:

IN THIS GUIDE

A KIT FOR EVERYONE!

WHAT TO PUT IN YOUR KIT

DON'T FORGET ANYTHING!

USEFUL LINKS

**IMPORTANT PHONE NUMBERS
IN CASE OF EMERGENCY**

Only pharmacists are responsible for the professional activities of the pharmacy practice. They use various tools such as the Psst! (Plan to Stay in Shape Today) program.