



GENERAL ADVICE

FOR ALL DESTINATIONS

There is always a certain amount of risks associated with travelling abroad. These risks depend on several factors such as the destination, the duration, the type of activities planned during the trip as well as the traveller's age and health condition.

It is therefore important to see a travel health professional who will evaluate your situation and inform you on the risks you may be exposing yourself to as well as on the protective measures available: vaccines, products, antidiarrheal and antimalarial drugs, etc. Your travel health professional will also give you advice on what precautions you should take with water, food, sun, insect bites, swimming, accidents and more.

Consult the experts of the Fondation du CHUM's Clinique Santé-voyage!



BASIC IMMUNIZATION

- Be sure to discuss your basic immunization record's update with your health travel specialist nurse. In Quebec, these basic vaccines are part of the free immunization program.
- Beware of measles and whooping cough which are present everywhere around the world but more specifically in developing countries. Make sure you are well protected by consulting a travel health specialist before your departure.
- Ask about the recommended vaccines for your age. The vaccine against HPV is now licensed for women under 45 years of age and for men between 9 and 26 years old. People from other age group could also benefit for this vaccine. People aged of 50 years old and more could benefit from the vaccine against shingles and pneumococcal diseases (Prevnar 13®).
- Get vaccinated against influenza. Travellers aboard an airplane have higher risks of contracting influenza due to the recycled air and proximity.
- Tell the nurse about any health problems. Some vaccines are recommended and covered by the *Régie de l'assurance maladie du Québec*.

MEDICATION

- Bring a first aid kit with analgesics, antidiarrheals, packets of oral rehydration salts, antihistamines, antinauseants, antibiotic ointment and plasters.
- Keep your medications in their original containers clearly identified with your name and carry them with you in your carry-on baggage. Make sure you bring extra medications.
- If you are travelling in an area where there is malaria, see a travel health doctor to get a prescription for the appropriate preventive medication. Follow the dosage carefully even upon your return.



Travellers’ diarrhea treatment

Symptoms	Appropriate actions
Less than 3 liquid stools in a 8 hour period	If it is still possible for you to go about your everyday activities, simply rehydrate your body (see oral rehydration recipe). If a special activity or a bus trip are planned, take an Imodium® (loperamide).
More than 3 liquid stools in a 8 hour period or diarrhea with abdominal pain or diarrhea with blood or you feel very sick during a diarrhea (like a feeling of loosing consciousness) or diarrhea with fever	Oral rehydration. Imodium® (loperamide). Zithromax® 250 mg, 2 tablets per day during 1 to 3 days. If the diarrhea stops within 24 hours, stop the antibiotics. If the diarrhea persists, complete the antibiotic treatment.

Oral rehydration

- Packets of Gastrolyte® or Pedialyte® diluted with boiled or bottled water.

Homemade version

- 1 litre of boiled or bottled water
- 1 teaspoon of salt
- 8 teaspoons of sugar
- A few drops of lemon or orange juice

FOOD AND WATER

- Eat warm and well cooked foods (meat, fish, seafood, vegetables).
- Wash and peel raw fruits yourself before eating them.
- Avoid eating raw vegetables.
- Be sure to drink only purified, boiled or bottled water.
- Avoid drinking or eating ice.
- Avoid drinking unpasteurized milk products.
- Avoid eating street foods.
- Brush your teeth with bottled or treated water.
- Wash your hands with soap or by using a hand sanitizer gel before meals and after using the toilet.

SUN

- Avoid direct sun exposure between 11 A.M. and 4 P.M.
- Use a high-quality sunscreen with a solar protection factor (SPF) of 30 or higher.
- Apply sunscreen 30 minutes before sun exposure as well as after swimming and physical activities.
- Protect yourself by wearing a hat, sunglasses and light-weight and light-coloured clothing.

CAUTION: See a doctor to learn more about possible interaction between sun exposure and the medication you may be taking.

RABIES

- Beware of stray animals (cats, dogs, monkeys, etc.) since they could carry rabies.
- If you are bitten, first wash the wound with soap and water during 15 minutes and apply disinfectant. Then, go to the clinic immediately.
- You should receive several vaccines against rabies as well as immunoglobulins. If they are not available, you will have to be repatriated immediately. Rabies is deadly in 100 % of cases as soon as the first symptoms appear.
- If you have already been vaccinated against rabies, you still need to wash the wound and go to the clinic. You will receive 2 new doses of the rabies vaccine, but you will not need immunoglobulins since you are already immune.



INSECTS

- Protect yourself from insect bites as they can transmit malaria, dengue fever, Japanese encephalitis, yellow fever, etc.
 - Apply an insect repellent with a 30 % DEET concentration effective during 4 to 6 hours or 20 % icardine effective during 8 to 10 hours.
 - Wear loose-fitting, light-coloured clothing.
 - Sleep under an insecticide-treated net in risk-areas for malaria.
 - Avoid wearing perfume or using perfumed soap.
- ➔ **Malaria** is transmitted through a mosquito bite that usually happens between sunset and sunrise.
- ➔ **Dengue fever** is transmitted through a mosquito bite that usually happens during daytime, particularly in urban and peri-urban areas.
- ➔ Other mosquitos can bite during both daytime and nighttime.

CAUTION: Always apply an insect repellent 20 minutes after sunscreen application. Re-apply again after swimming or sweating. Never apply insect repellent on your face and wash your hand after application.

SWIMMING

- ➔ In several developing countries, freshwater can be infested by parasitic larvae. These parasites can penetrate into human skin and cause severe diseases. Swimming in the ocean or in a chlorinated pool is safe.
- Do not swim, wade, or walk in lakes, rivers or pools of stagnant water which are often infested with parasites.
 - If contact with freshwater is inevitable, dry yourself thoroughly to prevent parasites to penetrate into your skin.

ACCIDENTS

- The risks of being the victim of an accident (road traffic accident, drowning, etc.) are higher while travelling because the context can drive people to take more risks than they would normally do. Tourists are 10 times more likely to die from an accident than from an infectious disease.
- Wear good shoes so that your feet are well protected from possible injuries.
- Carefully choose your means of transport.

SEXUAL PRACTICES

- Bring your own condoms and practice safe sex.
- 20 to 40 % of international travellers engage sexual contact with a new partner while travelling.
- Sex tourism involving minors is illegal around the world.
- Prostitution is illegal in the majority of countries.

MOUNTAIN SICKNESS

- If you are planning on travelling in a high altitude region (more than 2 500 m), we recommend that you see a travel health professional for advice and to obtain the appropriate medication even though your health condition is excellent.

VENOUS INSUFFICIENCY

- Whatever your mean of transport may be, any trip that lasts more than a few hours can cause swollen, heavy, sore legs. If the trip lasts more than 5 hours, the problem could get worse.
- Drink water regularly, move and avoid crossing your legs.
- Wearing compression stockings could improve the situation. We recommend you see a travel health specialist for more information. The cost of the compression stockings are covered by most private insurance.

TIME DIFFERENCE

- Try to get some rest a few days before leaving for your trip.
- 2 to 3 days before your departure, start to go to bed earlier if you will be travelling to the East and later if you will be travelling to the West.

RESPECT FOR CULTURE

- Be flexible and adapt yourself to the country you are visiting.
- Be open-minded, tolerant and respectful towards the culture and local traditions.
- Adopt a civic-minded attitude and keep in mind that your behavior contributes to the enhancement of Quebec's international reputation.



IMPORTANT DOCUMENTS

- Always bring with you a copy of important documents such as: passport, proof of insurance, immunization booklet, yellow fever vaccination certificate, etc.
- Some countries will require documentation attesting that you have been vaccinated for certain diseases before clearing customs.
- Register yourself on the Canadian consular services before your departure. The Canadian embassy could be of help in case of an emergency (natural disasters, civil unrests, etc.): **travel.gc.ca**.
- Keep your medications in their original containers clearly identified with your name and carry them with you in your carry-on baggage. Make sure you bring extra medications.
- Verify with the airline company and the country airport about the security and baggage requirements.
- Have a valid travel insurance policy.

UPON YOUR RETURN

If you have any fever, gastrointestinal disturbances, skin rashes or other symptoms upon your return, ask for a post-travel consultation with our team of experts. This service is covered by the Régie de l'assurance maladie du Québec.

TO MAKE AN APPOINTMENT AT THE CLINIQUE SANTÉ-VOYAGE DE LA FONDATION DU CHUM, CALL 514 890-8332.

It's important to see an experienced clinician before planning a trip!
For more information, visit **santevoyage.com**.

**FONDATION DU CHUM's
CLINIQUE SANTÉ-VOYAGE**
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All our profits go to support the Fondation du CHUM.



FONDATION

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- Travel advices
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