

# TOP 10 TRAVEL HEALTH TIPS

What you should know, before you go!

*Whether travelling for business, adventure, or relaxation – a good trip always involves careful planning.*

*It's important for Canadians to protect their health while abroad, especially if spending time in areas that pose risk of certain diseases. Here are some helpful tips from Travel Health Specialist Dr. Gio Miletto, and adventure travel bloggers Dave and Deb from The Planet D.*

## EATING & DRINKING

### #4 WATER



Water that is safe for consumption may not always be readily available in some parts of the world, including popular vacation spots abroad. In most cases, make sure you only drink bottled or treated water, even for brushing your teeth. It's best to avoid drinks made with ice in countries where clean water is an issue.

### #5 FOOD



Avoid salads in countries where water sanitation may be an issue, as well as any unpasteurized dairy products or raw foods that may be washed in water. Stick to fruit that can be peeled, such as bananas, oranges, pineapples and mangoes.

## BEFORE YOU GO

### #1 TRAVEL VACCINES



Travel vaccines protect against a variety of diseases when travelling. Plan ahead and find out what vaccines you'll need before you embark on your journey. Some are required for entry into certain countries, and some need to be taken a few weeks in advance.

### #2 TRAVEL HEALTH KIT



Bring along a travel kit of over-the-counter treatments including anti-diarrheal medication, antihistamine, anti-motion sickness medication, pain relievers, antacid, anti-bacterial ointment, hand sanitizer, band-aids, aloe gel for sunburns and Moleskin for blisters.

### #3 MEDICAL INSURANCE



Check with your credit card company or your employer's insurance plan prior to travel to see if you are covered for travel medical insurance. If not, look into buying it directly.



## WHEN YOU ARRIVE

### #6 JET LAG



Switch to local time as soon as you get on the plane, and try your best to stay on this schedule. Stay up and go to bed at your normal hours, take a walk or get some sun if you need to keep awake. Get a good night's sleep before you travel and consider taking low-dose melatonin if you suffer from jet lag.

### #7 ALTITUDE



At high-altitude destinations, it is important to acclimatize. Don't over-exert yourself with physically demanding activities, take altitude sickness medication, keep hydrated, and stay warm.

### #8 SUN/HEAT



Definitely wear sunscreen and a hat for dealing with direct heat. Watch out for signs of heat stroke, which is a common issue for travellers in humid and tropical climates. Don't forget to drink a lot of bottled water to keep you hydrated and cool.

### #9 INSECT BITES



Mosquitoes and other bugs are common ways to spread disease. Prevent bites from ticks, fleas and mosquitoes by wearing repellent. Long-sleeved tops and pants also provide added protection. Mosquito nets can come in handy too, and don't forget to bring after-bite treatment.

### #10 PROTECTIVE GEAR



Adventure is a big part of travelling the world, but always remember that safety comes first. Wear helmets when riding motorcycles, bikes or horses – even in countries that don't require them.

