



Travel Health Risks: Visiting Friends & Relatives

Travel Risks

- Mosquitoes
 - Malaria -> Anti-malarial pills
 - Dengue Fever, Chikungunya Fever, Zika Virus -> Personal Protective Measures
 - Japanese Encephalitis, Yellow Fever -> Vaccine
- Food and Water (Safe food and water precautions and good hygiene matter)
 - Hepatitis A, Typhoid Fever, Cholera, Polio -> vaccine
 - Hepatitis E -> No Vaccine
 - Traveller's Diarrhea -> Treatment with antibiotics
- Blood and Body Fluids
 - Hepatitis B -> Vaccine
 - Hepatitis C, HIV/AIDS, Ebola -> Personal Protective Measures
- Other
 - Tuberculosis, Meningitis, Influenza, Rabies -> Vaccine-Preventable
 - Parasite, civil unrest, motor vehicle accidents -> no vaccine

Traveling with Children

- No previous immunity
- Higher risk of getting sick
- Higher risk of complications
- Different ages = different risks

Preparing for Travel

- Plan far in advance
- Visit a qualified travel health professional if needed
- Understand your risks
- Bring medications, any conditions to note/list
- Wait until the baby is 6-9 months if possible

COVID-19 and travel

- Be vaccinated
- Check your destination requirements
- Print and have documents with you
- Things change, check regularly
- Check Government of Canada's requirements before coming back

Resources

- Healthlink Alberta 811 : for any general questions, 24/7 free, interpretation available.
- Interpretation services at Alberta Health services – free, 24/7
- <http://DiversityCalgary.ca> translated health information and more up-to-date information.