

Travel Health

Travel • Vaccinations

The facts

Are you planning a trip abroad? A long weekend closer to home? Travelling for work? Ensure your time away is safe and healthy by being well informed about travel health.

Everyone wants their travel experience to be life-changing—in a good way. But inadequate preparation for the health risks you might encounter on your trip can have unpleasant consequences, from short-term illnesses to a lifetime managing a serious health condition.

Your **Pharmasave pharmacist** can help you prepare for a healthy experience. Make an appointment for expert advice on topics like vaccinations, medications and OTC products, preventative measures and what to take with you in a travel kit. We also offer health tips designed to make your trip the best it can be.

Travel health isn't just for exotic trips

You don't have to be going to a far-off destination to think about travel health. Even if you're just camping for the weekend, or travelling domestically for work, you can benefit from advice and preparation. Your **Pharmasave pharmacist** can help with everything from coping with motion sickness to sun care, bug bite prevention and vaccinations.

Travelling with medication

- Carry all medications in their original, labelled containers and consider bringing a note from your doctor. Ask your Pharmasave pharmacist for a list of your medications
- Bring an extra supply of medication in case of delays, lost luggage or spillage.
- Always keep your medication on your person or in your carry-on luggage—don't check it.
- Blister pack your medications to ensure you are taking all your medications needed at a particular time to avoid missing a dose due to time zone changes.

Take a copy of the original prescription and ensure both the brand and generic names of the medication are included.



Travel illnesses & vaccinations

When we travel, we can be exposed to new viruses and infections. It is very important to be aware of health risks at your destination so you can take appropriate precautions.

Below are some examples of precautions that may be suggested to you. You should always check reliable websites like the Centers for Disease Control and Prevention (www.cdc.gov/travel) or the Government of Canada (www.travel.gc.ca) for the latest information or ask your **Pharmasave pharmacist**.

Traveller's Diarrhea/Cholera. The most common illness that affects travellers. It is spread by consuming contaminated food or water. Symptoms include fever, nausea, vomiting, abdominal cramping and diarrhea. It is treated with rehydration and antibiotics. Vaccination is available for some types of traveller's diarrhea.

- **Malaria.** A serious disease transmitted through a bite from an infected mosquito. There is no vaccine available for malaria, but you can take preventative medication. You should take steps to avoid mosquito bites completely in malaria-infected parts of the world. Malaria causes flu-like symptoms such as fever, sweats, chills, headache, muscle and joint pain, diarrhea, nausea and vomiting.
- **Hepatitis A.** A serious liver disease contracted through contaminated food or water. Symptoms include fever, fatigue, nausea, loss of appetite and abdominal discomfort. A vaccine is available.
- **Hepatitis B.** A serious liver disease contracted through direct contact with bodily fluids of an infected person. It can be spread through sexual contact, shared needles or contaminated equipment used for tattoos, piercings and spa treatments. Symptoms include nausea, vomiting, fever, fatigue and jaundice. A vaccine is available.

- **Typhoid Fever.** A sustained high fever caused by bacteria. Symptoms can include weakness, stomach pains, headache or loss of appetite. A vaccine is available and it can also be treated with antibiotics.
- **Yellow Fever.** A disease that is spread through a bite from an infected mosquito. It causes headache, fever, chills, back pain, fatigue, nausea and vomiting. It may develop into a severe, potentially fatal condition. A vaccine is available and may be required for entry into certain countries.
- **Meningitis.** A bacterial or viral infection that can be serious and fatal. It can cause symptoms such as high fever, headache and stiff neck. Most people are vaccinated against some types of meningitis as children. A booster dose or different vaccine may be required depending on your travel destination.
- **Japanese Encephalitis.** Caused by a virus spread through a bite from an infected mosquito. You may have no symptoms, but some may experience fever, headaches and stomach problems.
- **Tick-borne Encephalitis.** A virus transmitted through a bite from an infected tick or through eating or drinking unpasteurized dairy products. The seriousness of the infection depends on your age and the type of virus. You may have no symptoms or you may experience headache, fever and muscle aches, which may progress to seizures, tremors and confusion.
- **Lyme Disease.** Transmitted through a bite from an infected tick. Symptoms include a rash, headache, fever and fatigue. If not treated with antibiotics it can develop into a more serious condition. There is no vaccine available, so it is important to take steps to avoid contact with ticks.
- **Rabies.** A potentially fatal disease transmitted through the bite of an animal infected with the rabies virus. Symptoms include a general feeling of illness, which can progress to confusion, difficulty swallowing and a comatose state. Rabies can be prevented by getting vaccinated and avoiding unvaccinated animals.

Regardless of your travel destination, it is important to be up to date with your routine vaccinations, e.g., MMR (measles, mumps and rubella), tetanus and diphtheria, flu, COVID-19.

Ask your **Pharmasave pharmacist** about the vaccinations and preventative medications you might need for your trip.

Organize your medications before you leave

MedAlign@Pharmasave is a medication management and synchronization service that helps patients better manage their medication and achieve positive health outcomes. **MedAlign@Pharmasave** can offer you convenience and peace of mind by helping you:

- Refill your medications for pick up on the same day
- Manage medications more effectively for better health outcomes
- Reduce the chances of running out of medications while you're away

Preventing travel illnesses

"Boil it, cook it, peel it or forget it!"

Taking precautions with food and drinks as well as getting vaccinated is the most effective way of preventing travel-related illnesses.

Many viruses and bacterial infections are transmitted through consuming contaminated food or water. You should take special care if you encounter inadequate sanitation or poor hygiene. This can be a risk even when hiking or camping close to home.

Tips for eating & drinking safely

- Wash your hands frequently with soap and bottled or purified water. Alcohol-based sanitizer is an acceptable substitute if soap is not available.
- Avoid drinks with ice (which may be made from contaminated water).
- Use only bottled or purified water for drinking, washing hands and brushing teeth.
- Avoid salads or other uncooked dishes with fresh produce (it may have been washed in contaminated water).
- Ensure food is thoroughly cooked and served hot.

Travel health services we provide

Advice & information

- Information on health risks and illness prevention based on: your travel destination, length of stay, accommodations, activities and your present state of health.
- Personalized advice on how to travel with your medications and/or medical devices. For example: how much to take, how to transport it, what effects climate or altitude could have and what to do if you need a refill while you're away.
- Recommendations for specific health concerns while travelling such as breastfeeding, pregnancy, diabetes and heart disease.
- Up to date travel health information on your destination from credible sources like Health Canada and the CDC.
- Access to travel advisories about health concerns and risks at your destination (e.g., malaria, Zika virus or COVID-19).

Vaccinations & preventative medications

- Travel health vaccination and medication recommendations and requirements.
- Injection-certified **Pharmasave pharmacists** may administer travel vaccinations.
- Refill reminders for your required booster vaccinations for certain shots.
- A receipt to submit to your private insurance company for reimbursement, if necessary.

Over-the-counter medications

- Advice on what over-the-counter medications you should bring with you on your trip.
- Strategies to cope with jet lag, altitude sickness and other ailments.

Book a travel health consultation with us

Ask us about a customized and thorough review of your travel health needs that will have you feeling well-informed and well-prepared when departure day arrives.

Book a consultation with your Pharmasave pharmacist 2 to 3 months before your trip to ensure you have enough time to get any vaccinations you need.

Manage your medication online anytime

The **eCare@Pharmasave** app allows you to access prescription information even if you are travelling. The Caregiver feature lets you manage all of your loved one's medications, including children, spouses, aging parents and even pets. Get started online or at the pharmacy before you leave on vacation so you can conveniently use your account to:

- View your prescriptions, instructions and label information
- Order refills anytime
- Learn more about your medications

My travel health checklist

Speak to your **Pharmasave pharmacist** about which Pharmasave brand and other products are right for you and your family. Some countries may not have the medications you are used to. It is wise to stock up before you travel.

Medications

- ☐ Ibuprofen or acetaminophen
- ☐ Anti-nausea / motion sickness tablets
- ☐ Cold or sinus caplets
- ☐ Anti-diarrhea relief
- ☐ Allergy medication
- ☐ Antacids and laxatives

Other items

- ☐ Sunscreen (SPF 30 or higher)
- ☐ Ear plugs
- ☐ Insect bite prevention or relief
- ☐ Aloe gel
- ☐ Alcohol-based hand sanitizer
- ☐ Oral electrolyte replacement

Basic first aid items

- ☐ Hydrocortisone cream 0.5 – 1.0%
- ☐ Adhesive bandages
- ☐ Antifungal cream
- ☐ Antibiotic ointment

Speak with your **Pharmasave pharmacist** about all your health needs. Visit **Pharmasave.com** or download our Pharmasave app today for valuable health information and offers.

