

## Travel Checklist

Whatever the destination or form of travel, your **Pharmasave pharmacist** can help you plan for a healthy trip.

### Travel Vaccinations and Immunizations

Depending on your medical history, travel destination and mode of travel, your pharmacist can advise about recommended travel vaccinations and immunizations such as:

- ☐ Hepatitis A and B
- ☐ Cholera
- ☐ Varicella Zoster (Chickenpox)
- ☐ Herpes Zoster (Shingles)
- ☐ Tetanus and Diphtheria (Td)
- ☐ Tetanus, diphtheria, pertussis (Tdap)
- ☐ Measles, Mumps and Rubella (MMR)
- ☐ Meningococcal (Meningitis)
- ☐ Pneumococcal (Pneumonia)
- ☐ Influenza (Flu)
- ☐ COVID-19
- ☐ Polio
- ☐ Rabies
- ☐ Yellow Fever
- ☐ Japanese Encephalitis
- ☐ Typhoid

### Travel Medications and Prescriptions

Your pharmacist can provide information on how to treat and prevent travel-related illness and how to safely store your prescription medication while travelling. Speak with your pharmacist about:

- ☐ Managing your condition and medications, especially if you're crossing time zones
- ☐ Ensuring you have enough prescription medication, plus a bit extra in case of unexpected travel delays
- ☐ Medication to treat pain and fever
- ☐ Anti-nausea medication for motion sickness
- ☐ Cold or sinus caplets
- ☐ Anti-diarrheal medication
- ☐ Allergy, antihistamines and decongestants
- ☐ Medication to treat sleep and jetlag
- ☐ Oral rehydration
- ☐ Anti-malaria medication

### Travel Essentials and First Aid Supplies

Your pharmacist can provide advice on what travel essentials and first aid supplies you should have on hand while travelling such as:

- ☐ Hydrocortisone cream
- ☐ Adhesive bandages, blister and wound care
- ☐ Antifungal Cream
- ☐ Insect repellent and after bite
- ☐ Travel first aid kit and tweezers
- ☐ Sunscreen and after burn care
- ☐ Hand sanitizer and wet wipes
- ☐ Shampoo/conditioner and soap
- ☐ Toothbrush, toothpaste and toiletries
- ☐ Hand and body lotions
- ☐ Eye and Sunglasses
- ☐ Ear Plugs and Travel Pillow

**Your pharmacist will ensure you have the information you need to be prepared for health issues that may arise while you're away.**

**Plan ahead and speak with your **Pharmasave pharmacist** before you Travel.**