Healthy Travel Checklist

Take the time to plan ahead so you can stay healthy while you’re away from home! Check www.publichealth.gc.ca for travel notices about your destination.

1. Medications
   - Take all the medications you usually take when you are at home. Keep them in their original containers with labels. Bring at least enough to cover the planned length of your trip. You may want to bring over-the-counter anti-diarrheal medication just in case.
   - Check your health insurance to find out what to do if you get sick during your trip.
   - Take your anti-malarial medication (if prescribed). All anti-malarial medications start **before** your trip and continue **during** your trip and **after** your return home. These can include:
     - None
     - Atovaquone-proguanil (Malarone)
     - Chloroquine
     - Doxycycline
     - Mefloquine
     - Other: _________________________

2. Protect Yourself from Bug and Animal Bites
   - Avoid bug bites; use an insect repellent that contains at least 30% DEET.
   - Wear light-coloured clothing that covers your body, closed shoes, and hats as much as possible.
   - Avoid scented products.
   - Consider using a bug net if you are not staying in air-conditioned, well-screened accommodations.
   - Do not touch animals you don’t know, even if they look safe.
   - Seek immediate medical care if you are bitten or scratched by any animal.

More tips and a space for notes are on the back of this information sheet. If you have any questions, please ask. We are here to help you.
3. Be Careful What You Eat
• Drink beverages that have been bottled and sealed. Avoid ice, as it could be made with tap water.
• Eat food that is fully cooked and served hot.
• Wash your hands or use a hand sanitizer often.
• If you have diarrhea with blood or a fever, take your anti-diarrheal medication and seek medical care:
  □ Azithromycin □ Other: __________________________
  □ Ciprofloxacin

4. Road and Motor Vehicle Safety
• Always wear a seatbelt. Check local driving rules before your trip.
• Wear a helmet when you ride a bike or motorcycle.
• Look for oncoming traffic in both directions.
• Avoid overcrowded buses and cars.
• Avoid driving at night on unfamiliar roads.

AFTER YOUR TRIP
• Seek medical care if you develop a fever during your trip or after your return.
• Follow up with a healthcare provider if you were seriously injured or ill during your trip.

Notes: