

**For more information, visit:**

**International Travel Clinic**

› [www.nshealth.ca](http://www.nshealth.ca)

**Public Health Agency of Canada**

› [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

**Centers for Disease Control and Prevention**

› [www.cdc.gov/travel](http://www.cdc.gov/travel)

**World Health Organization**

› [www.who.org](http://www.who.org)

**International Association for Medical Assistance to Travellers**

› [www.iamat.org](http://www.iamat.org)

**International Society of Travel Medicine**

› [www.istm.org](http://www.istm.org)

**Before you go, consider:**

- Immunizations
- Anti-malarials
- Mosquito repellent
- Sunscreen
- First aid kit
- Health and evacuation insurance
- Emergency phone numbers
- Water purifier
- Bed net

**International Travel Clinic**

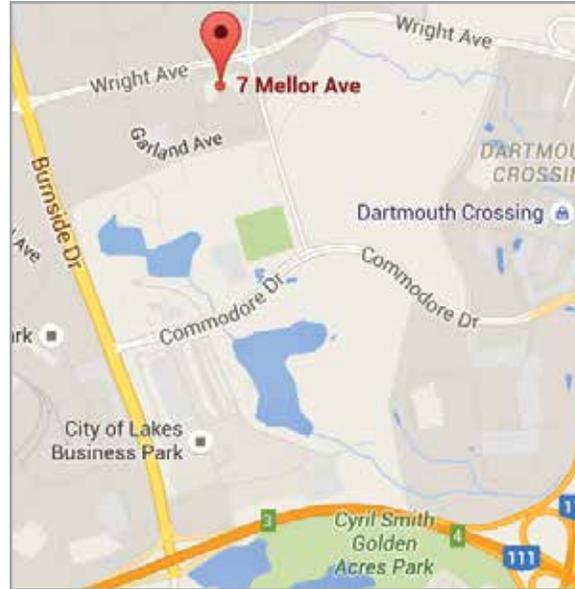
Public Health Services

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Fax: 902-481-5889



*“Uncertainty and anticipation  
are the joys of travel.”*

*~Ken Hundert*

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and  
scent-free environment.*

*Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: International Travel Clinic ©*

*Illustration by: Andrew Forrester, from the Noun Project*

*Designed by: Nova Scotia Health Authority,  
Central Zone Patient Education Team*

*Printed by: Dalhousie University Print Centre*

WX85-1596 Created September 2015

The information in this pamphlet is to be updated every 3 years or as  
needed.



# International Travel Clinic

## Public Health



# International Travel Clinic

## About us:

- ✓ Our staff are Public Health Nurses experienced in the areas of communicable diseases, immunization, and travel medicine.
- ✓ Our health recommendations are based on:
  - › Public Health Agency of Canada Travel Medicine Program
  - › Canadian Immunization Guide
  - › Centers for Disease Control
  - › World Health Organization (WHO)
- ✓ The clinic is open 5 days a week for individual and family consultation.
- ✓ An appointment is necessary.
- ✓ A clinic fee will be charged along with the cost of any vaccines.
- ✓ Book appointments well in advance (6-8 weeks) of your departure to allow the vaccines to become effective.

## Our services

### Counselling

A Public Health Nurse will determine your travel needs based on your destination, length of stay, rural or urban travel, and anticipated activities. The nurse will also consider any allergies and medical conditions. They will advise you on immunizations which are recommended according to the risk in the area(s) you plan to visit, not just the country visited.

### You will get health information on:

- › Food and water precautions
- › Mosquito precautions
- › Dengue risk
- › Malaria risk
- › Tick-borne diseases
- › Blood-borne and body fluid diseases
- › Sexually transmitted infections
- › Jet lag
- › Altitude sickness
- › Sun safety
- › Travelling with children
- › Travelling during pregnancy
- › Road safety
- › Emerging diseases

### Immunizations

**Routine:** include vaccines which are indicated for routine use in Canada (e.g. tetanus, diphtheria, measles, mumps, rubella).

**Required:** include vaccines which *may* be required for legal entry into a country or territory (e.g. yellow fever).

**Recommended:** include vaccines recommended for your travel destination that protect against certain diseases (e.g. hepatitis A, hepatitis B, typhoid, polio, rabies, Japanese encephalitis, tick-borne encephalitis).

### Remember:

Planning a trip to a foreign country requires planning for your health. By following preventative behaviours, you can avoid most travel-related health and safety problems.