



# TRAVEL HEALTH GUIDE

ESSENTIAL TIPS FOR SMARTER, SAFER TRAVEL



AMANI  
Health Services



# TRAVELLING & GETTING HOME SAFE

As a traveler, you may encounter health risks uncommon in your home country, which can potentially lead to illness, disrupt your trip, and incur significant medical expenses while abroad. **Up to 50% of travelers face health issues during travel, even in places that seem 'safe'.**

This travel health guide is designed to help you understand essential health considerations, enabling you to enjoy a safer, healthier journey. Inside, you'll find valuable information on travel safety, recommended vaccinations, travel health accessories, over-the-counter medication advice, and more.



# AVOIDING HEALTH ISSUES

## 1. FOOD

To minimize the risk of illness while traveling, it is essential to select food and beverages carefully. Avoid consuming any food that has not been thoroughly cooked at a high temperature, as this reduces the risk of contamination.

Remember that your digestive system may not be accustomed to local conditions. In areas where sanitation standards may be compromised, avoid uncooked vegetables and dairy products. Vegetables should be carefully washed, and fruits should be rinsed in clean water and peeled separately. Raw meat, fish, seafood, and uncooked eggs should also be avoided to reduce exposure to potential pathogens.

## 2. WATER

In many regions worldwide, sanitation concerns make it crucial to be cautious with water consumption. If you are not accustomed to the local tap water, even using it to brush your teeth may lead to serious health risks. To avoid contamination, it is generally safest to drink bottled water, served without ice and in disposable cups. Always verify that bottles are tightly sealed. Boiled beverages are also safe for consumption.

If bottled water is unavailable, consider the following water treatment methods:

- **Boiling:** Bring water to a rolling boil, then allow it to cool, ensuring all large bubbles have subsided.
- **Disinfection:** Add 5 drops of 5.2% iodine tincture per liter of water, stir thoroughly, and wait 20 minutes. For cold or visibly contaminated water, use 10 drops and wait several hours before consuming. Chlorine tablets can also be used, typically one tablet per liter of water.
- **Filtration:** Utilize water filtration systems according to the manufacturer's instructions for effective purification.

Using these methods can help make non-potable water safe for consumption in areas with limited sanitation.

# AVOIDING HEALTH ISSUES

## 3. BODIES OF WATER

Even if freshwater sources appear clear, they may still be contaminated with sewage, industrial effluent, or animal waste. Relying on water that hasn't been certified safe by a trusted source can result in a range of illnesses. Bathing in such water is particularly discouraged if you have cuts or open wounds, and submerging the head should be avoided.

Additionally, improperly maintained pools, jacuzzis, fountains, and artificial lakes can harbor harmful bacteria, viruses, and parasites, potentially leading to illness. Bathing in seawater is generally safe unless local authorities have issued advisories against it.

## 4. INSECT BITES

In many parts of the world, diseases like Malaria, Yellow Fever, Dengue, Chikungunya, Japanese Encephalitis, and Zika are spread through insect and mosquito bites. To reduce your risk of exposure, apply an insect repellent with 20% Icaradin or 30% DEET to clean skin and wear protective clothing, including long-sleeved shirts, long pants, and closed shoes. Mosquitoes are commonly found below 2,000 meters and may be active at any time of day, even in urban areas.

Be aware of mosquito activity patterns: those that spread malaria are typically active at night, making nighttime protection especially important. Mosquitoes that transmit diseases like Dengue and Zika are more active during the day, particularly early in the morning and at dusk. To enhance safety, avoid sleeping directly on the ground or grass, and use a mosquito net when resting.

Additionally, regularly check clothing, gear, and bedding for ticks and other parasites. If a tick is found, it should be removed entirely with tweezers. Avoid lying directly on sand near the shore, as some parasites can enter the skin upon contact.

# AVOIDING HEALTH ISSUES

## 5. ANIMAL CONTACT

When traveling, it's important to be cautious around animals, especially in areas where rabies is prevalent. Rabies can be transmitted through animal bites or scratches, so avoid contact with stray animals and wildlife. For higher-risk destinations, a pre-exposure rabies vaccine is recommended.

If you are scratched or bitten by an animal, squeeze the wound to decrease the viral load at the site, wash the area of broken skin with clean water and soap for 15 minutes, and apply alcohol or iodine, then seek immediate medical attention. Even with the pre-exposure vaccine, you still need seek immediate medical attention to get additional post-exposure vaccines.

## 6. RISKY BEHAVIOURS

When traveling, it's essential to stay safe by avoiding risky behaviors. Never share needles, as this can transmit serious infections like HIV and hepatitis. Practice safe sex by using condoms to protect against sexually transmitted infections and unintended pregnancy. Before your trip, talk with your doctor about emergency contraception, like Plan B, in case you need it while away.

## 7. WHEN YOU RETURN

If you become ill while traveling or notice worsening symptoms of an existing condition and are still unwell upon returning to Canada, inform a flight attendant, cruise staff, or border services officer. They will decide if a quarantine officer's assessment is necessary.

If you develop symptoms after returning or were sick while abroad, contact a healthcare provider, mentioning the countries you visited and any medical care received. Describe your symptoms before the appointment, as highly contagious illnesses may require special arrangements to prevent exposure to others.

# 7 MEDICAL & TRAVEL TIPS

Prepare a plan ahead of time to reduce the risk and impact of medical emergencies. Here is a short list of things to think about.

## #1

Consider getting travel medical insurance that is appropriate for the trip. Make sure you have health insurance that covers a wide range of medical conditions, including any chronic ailments you may have.

## #2

If you take medications on a regular basis, make sure you have enough for the duration of your vacation. Also, it is recommended that the medicines be kept in their original packaging wherever possible.

## #3

Bring a Basic first aid kit with items such as bandaids, gauze, antiseptic, tweezers, alcohol, iodine, and gloves.

## #4

If you wear glasses or contact lenses, remember to pack an extra pair of glasses, contact lenses, and solution for the duration of your trip.

## #5

We recommend seeing a dentist before leaving to avoid paying exorbitant overseas dental fees in the event of a dental emergency.

## #6

It is important to have emergency information on hand, such as the address and phone numbers of the Canadian Embassy in the destinations you intend to visit.

## #7

All relevant medical documents, including vaccination cards, should be photocopied. It is advised to keep all medical information (such as insurance policy numbers, phone numbers to medical emergency centres, contact information, etc.) in a separate file that will be accessible throughout the trip. You should also create a digital copy and save the data in a cloud storage service like Dropbox or Google Drive.

# TRAVEL ACCESSORIES

## TO PACK FOR YOUR TRIP

Most travelers remember to pack essentials like a passport, toothbrush, change of clothes, sunglasses, and phone charger. While most focus is on the excitement and adventure of a trip, it's also important to prepare for minor accidents or mishaps to prevent them from becoming major issues.

Below is a list of recommended items that we believe travelers should bring as preventative measures and for quick fixes to handle common travel disruptions.

- ✓ Basic first aid kit with items such as bandaids, gauze, antiseptic, alcohol, iodine, tweezers, scissors, and gloves
- ✓ Hand sanitizer and antibacterial wipes
- ✓ Digital thermometer
- ✓ Insect repellent containing 20% Icaradine or 30% DEET
- ✓ Sunscreen with a high sun protection factor, sunglasses, and a hat
- ✓ 5.2% Iodine tablets and water filters with a 0.5 micron or smaller pore size
- ✓ Over the counter and prescription medications
- ✓ Condoms

# OVER THE COUNTER MEDICATIONS

## TO HAVE ON HAND FOR YOUR TRIP

SYMPTOMS	MEDICATION
Allergies	Benadryl, Claritin
Bug Bites	After Bite, 1% Hydrocortisone Cream
Cough	Benylin
Dehydration	Gastrolyte Packets
Diarrhea	Imodium, Pepto-Bismol
Eye Irritation	Eye Drops
Heartburn	Tums
Muscle Pain	Voltaren
Nausea	Gravol
Pain and Fever	Tylenol, Advil
Scrapes and Burns	Polysporin



DISCLAIMER: This list is not an endorsement of any brand and is merely recommendations; it should not replace the advice of a doctor, nurse, or other qualified medical professional. It is your responsibility to be aware of the risks before using these medications.





**FAMILY DR vs CLINIC**

# SHOULD I VISIT A TRAVEL CLINIC?

If your doctor lacks travel health expertise or you require specific travel vaccinations, they will refer you to a travel health specialist (for example, Yellow Fever vaccination is only available from certified travel clinics).

Based on your overall health and travel itinerary, a travel health specialist will provide medical advice, vaccinations, and medications. We can help you prioritize vaccines if you are short on time or money, provide advice on how to avoid common travel-related illnesses, and answer your questions about staying healthy while travelling.

You can book a travel consult at one of our clinics [here](#).

# TRAVEL RESOURCES

- World Health Organization: <https://www.who.int/>
- Government of Canada Travel and Tourism: <https://travel.gc.ca/>
- Government of Canada Registration for Canadians Abroad:  
<https://travel.gc.ca/travelling/registration>
- Government of Canada Travel Health: <https://www.canada.ca/en/public-health/services/travel-health.html>
- Government of Canada Eat and Drink Safely Abroad:  
<https://travel.gc.ca/travelling/health-safety/food-water>
- Government of Canada of Canada Bon voyage, but... Essential information for Canadians travelling outside Canada:  
<https://travel.gc.ca/travelling/publications/bon-voyage-but>
- Government of Canada Well on Your Way – A Canadian’s Guide to Healthy Travel Abroad: <https://travel.gc.ca/travelling/publications/well-on-your-way>
- International Society of Travel Medicine Travel Resources:  
<https://www.istm.org/education-resources/traveler-resources>
- Health Link BC Travel Health: <https://www.healthlinkbc.ca/health-topics/travel-health>

# AMANI HEALTH SERVICES LOCATIONS

## FORT ST. JOHN, BC

**Address:** 203-10136 100 Avenue, Fort Saint John, BC, Canada, V1J 1Y6, Canada

**Email:** [fsj@amanitravelclinic.ca](mailto:fsj@amanitravelclinic.ca)

**Phone:** (778) 804-8061

## PRINCE GEORGE, BC

**Address:** Victoria Medical Building, 104-1669 Victoria St, Prince George, BC, Canada, V2L 2L5

**Email:** [pg@amanitravelclinic.ca](mailto:pg@amanitravelclinic.ca)

**Phone:** (250) 645-5797

## TERRACE, BC

**Address:** 304-4546 Park Avenue,  
Terrace, BC, Canada, V8G 1V4

**Email:** [terrace@amanitravelclinic.ca](mailto:terrace@amanitravelclinic.ca)

**Phone:** (778) 692-1993

## VANCOUVER, BC

**Address:** Suite 145, 970 Burrard Street, Vancouver, BC, Canada, V6Z 2R4

**Email:** [vancouver@amanitravelclinic.ca](mailto:vancouver@amanitravelclinic.ca)

**Phone:** (236) 476-3223

## PENTICTON, BC

**Address:** 129 Nanaimo Ave West, Penticton, BC, Canada, V2A 1N2

**Email:** [penticton@amanitravelclinic.ca](mailto:penticton@amanitravelclinic.ca)

**Phone:** (250) 787-6302

# AMANI HEALTH SERVICES LOCATIONS

## KELOWNA, BC

**Address:** Suite 210 – 347 Leon Avenue, Kelowna, BC, Canada, V1Y 8C7

**Email:** [kelowna@amanitravelclinic.ca](mailto:kelowna@amanitravelclinic.ca)

**Phone:** (236) 479-0849

## VERNON, BC

**Address:** Unit B1-3207 30th Ave, Vernon, BC, Canada, V1T 2C6

**Email:** [okanagan@amanitravelclinic.ca](mailto:okanagan@amanitravelclinic.ca)

**Phone:** (778) 692-1993

## ARMSTRONG, BC

**Address:** 5-3000 Smith Drive, Armstrong Station, BC, Canada, V0E 1B1

**Email:** [okanagan@amanitravelclinic.ca](mailto:okanagan@amanitravelclinic.ca)

**Phone:** (778) 692-1993

## SALMON ARM, BC

**Address:** Salmon Arm Economic Development Society Building: 220 Shuswap St NE, Salmon Arm, BC, Canada, V1E 4N2

**Email:** [salmonarm@amanitravelclinic.ca](mailto:salmonarm@amanitravelclinic.ca)

**Phone:** (778) 692-1993