



AMANI  
Travel Health Clinic

# TRAVEL HEALTH GUIDE

HEALTH TIPS TO HELP YOU TRAVEL  
SMARTER & SAFER

[WWW.AMANITRAVELCLINIC.CA](http://WWW.AMANITRAVELCLINIC.CA)

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# TRAVELLING & GETTING HOME SAFE



Just before you take off to travel the world, we want to remind you that in addition to the landscapes, experiences, and people you will meet, you also have a responsibility to return home safely to your loved ones.

As a traveller, you are exposed to health risks that are not common in your home country. These risk factors could make you sick and prevent you from continuing your vacation. They can also be very costly to treat while you are away. This is why we established the Amani Clinics network.

Before, during, and after your trip, Amani Clinic is your point of contact. We will provide you with a variety of travel health services, such as comprehensive travel health advice, vaccinations, consults, and products, to ensure that you are not only prepared for travel health emergencies but also return home safely after an unforgettable adventure.





Most people are unaware of the health risks that may exist at their vacation destination or how to protect themselves from these hazards.

We created this travel health guide to help travellers understand what health risks to be aware of when travelling, particularly to exotic locations.

It includes medical travel advice, vaccine information, travel health accessories, over-the-counter medication recommendations, and much more.



# 8 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. We recommend you keep a list of medications that the travellers' clinic prepared for you.
3. If you take medications on a regular basis (including birth control pills), make sure you have enough for the duration of your vacation. Also, it is recommended that the stock of medicines be divided into two suitcases and that the medicines be kept in their original packaging wherever possible.
4. We recommend seeing a dentist before leaving to avoid paying exorbitant overseas dental fees in the event of a dental emergency.
5. If you wear glasses or contact lenses, remember to pack an extra pair of glasses or contact lens solution for the duration of your trip.
7. We recommend that you have essential information on hand, such as the address and phone numbers of the Canadian Embassy in the destinations you intend to visit. Links to this information can be found in the "EMERGENCY CONTACT & RESOURCES" section of this booklet.
8. All relevant medical documents, including vaccination cards, must be photocopied in duplicate. It is advised to keep all medical information (such as insurance policy numbers, phone numbers to medical emergency centres, contact information, and so on) in a separate file that will be accessible throughout the trip. You should update a digital copy and save the data in a cloud storage service like Dropbox or Google Drive.



# SHOULD I VISIT A TRAVEL CLINIC?

If your doctor lacks travel health expertise or you require specific travel vaccination, 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. They 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.

At the end of the day, you owe it to yourself and your loved ones to return home safely and we are here to help with that.



# General VACCINE INFORMATION

VACCINE	DOSES	DURARATION	SYMPTOMS	NOTES
Hepatitis B	3 doses	Usually for life	Pain at administered site	
Hepatitis A	2 doses	15-25 years	None	
Typhoid	1 dose	2-3 years	Pain at administered site	Minimum 2 years of age
Meningitis-ACYW- 135	1 dose	5 years	Sensitivity at administered site	
Measles Mumps Rubella	2 doses	Usually for life	Pain at administered site	
Diphtheria Toxoid	1 adult dose	10 years	Sensitivity at administered site	Every 10 years
Tdap	1 dose	10 years	Sensitivity at administered site	Every 10 years
Shingles	2 doses 6 months apart	5 years	Sensitivity at administered site	
Yellow Fever	1 dose	Lifetime	Sensitivity at administered site Flu like symptoms	for Full dose
Polio	1 dose (if childhood vaccination was completed)	Usually for life	Sensitivity at administered site	
Rabies	2-3 doses	3 or 5 years	Sensitivity at administered site Flu like symptoms	
Japanese encephalitis	2 doses	5 years	Pain at administered site Flu like symptoms	

#### DISCLAIMER:

THE SPECIALIZED ADVICE OFFERED BY A PROFESSIONAL VACCINE SPECIALIST SHOULD NOT BE SUBSTITUTED FOR THE GENERAL INFORMATION PROVIDED ABOVE. THE DOSES AND TYPES OF IMMUNIZATIONS YOU WILL NEED FOR TRAVEL WILL BE DETERMINED BY OTHER VARIABLES. PLEASE VISIT ONE OF OUR CLINICS OR BOOK A CONSULTATION WITH US AT [WWW.AMANITRAVELCLINIC.CA](http://WWW.AMANITRAVELCLINIC.CA) FOR AN APPROPRIATE RECOMMENDATION, OR VISIT A TRAVEL HEALTH CLINIC IN YOUR REGION.

# TRAVEL ACCESSORIES

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Most travellers remember to pack the essentials like their passport, toothbrush, change of clothes, sunglasses, phone charger etc. While we account for fun and adventure in our trip, minor accidents also happen, and we should be prepared for those as well, so they don't snowball into significant issues.

The list includes some suggested items that we believe travellers should bring with them as a preventative measure and quick repair for the common problems that can disrupt their trip.



- Sunscreen with a high sun protection factor
- Flea/insect repellent containing 30%DEET
- Alcohol wipes
- Water purification tablets: Chlorine or Iodine tablets/tincture of iodine 5.2% (5 drops per litre of water)
- Gauze bandages + sterile gauzes
- Plasters
- Elastic / Triangular dressing
- Small scissors
- Digital thermometer
- Tweezers + safety pin + basic sewing kit
- Small tube of iodine
- Condoms



# OVER-THE-COUNTER MEDICATION

This list contains some over-the-counter medications that we believe travellers should carry with them as a preventative measure and quick fix for the most common medical issues.



**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.

SYMPTOMS	MEDICATION
Heartburn	TUMS SMOTHIES EX
Allergy	ALLERGYX 10
Bites	AFTER BITE
Clogged nose	NASIVIN 0.025%
Pain & fever	TYLENOL
Pain & fever	BENYLIN
Muscle pain	VOLTAREN
Eye irritation	LUBRICANT EYE DROPS
Fungus	LAMISIL CREAM
Burns	BEPANTHEN PLUS
Abdominal pain /mild diarrhea	PEPTO-BISMOL

# AVOIDING HOSPITALS

When travelling to another country, keep in mind that their healthcare system may be unfamiliar to you and that the medications may have a different name or brand. However, if you have diarrhea with a fever, blood in your stool, recurrent vomiting, a high fever (with chills) for more than 2–3 days, or an animal bite or injury, you should seek immediate medical attention.

Here are some ideas to help you avoid the hospital.

## 1. Diet

In general, food selection should be carefully considered. For fear of contamination, avoid eating food that has not been thoroughly cooked over high heat. Keep in mind that your digestive system is not the same as that of the locals! In areas with poor sanitation, eating uncooked vegetables and dairy products should be avoided as much as possible. Vegetables should be thoroughly washed, and fruits should be washed in clean water and peeled separately. Avoid eating raw meat, fish, and seafood, as well as uncooked eggs.

## 2. Drinking Water

In many parts of the world, sanitation is a major issue. If your body isn't used to drinking or brushing with tap water, it can be deadly. Drinking water from commercial bottles in disposable glasses without ice is always preferable to tap water. Make sure the bottles are sealed tightly. Boiler drinks are regarded as safe to consume. The following are some methods for treating non-potable water.

- Boiling: Bring the water to a boil and then remove the huge bubbles.
- Disinfection: pour 5 drops of 5.2 percent iodine tincture per litre of water, stir thoroughly, and wait 20 minutes. It is possible to add 10 drops to very cold or unclean water and then wait several hours before drinking it. Chlorine pellets can also be made with it (usually a chlorine pellet tablet per litre of water).
- Filtration: According to the manufacturer's recommendations, several filtration systems can be utilised.

## 3. Disinfection of vegetables and fruits

Non-peeled vegetables and fruits must be disinfected by soaking them in iodine/chlorine water for 20 minutes, according to the dose given under "Drinking water."

## 4. Bathing in water bodies

Even if natural water sources (freshwater) appear to be clear and pure, they may be contaminated with effluent, sewage, or animal dung. Hope for water that hasn't been approved for bathing by a reputable source can lead to a variety of illnesses. Bathing with cuts and open wounds is also discouraged, and in any event, it is not recommended to submerge the head. If not properly maintained, pools, jacuzzis, fountains, and artificial lakes can induce illnesses and disorders due to the presence of germs, viruses, and parasites. Bathing in sea water is not a concern, except local authorities advise against it.

## 5. Protection against insect bites

Malaria, Yellow fever, Dengue fever, Chikungunya, Japanese encephalitis, Zika fever, and other dangerous diseases are spread by insects and mosquitoes in most regions of the world. Apply an ingredient-repellent pesticide to as clean a surface as possible, and wear long-sleeved shirts, long pants, and closed shoes to decrease your risk of exposure. Mosquitoes are most commonly found below 2,000 metres and can be active at any time of day, even in urban areas. Some mosquitoes, such as malaria mosquitoes, sting during the hours of darkness, thus this is the best time to defend yourself. Mosquitoes, on the other hand, such as dengue mosquitoes or Zika, are active during the day, particularly early in the morning and when the sun sets. It is recommended that you do not sleep on the ground or on grass and that you use a mosquito net. Ticks and parasites should be checked on clothing, equipment, and bedding. Ticks should be removed entirely from the skin, preferably with tweezers, if they are discovered. It is not recommended to lie directly on the sand beside the sea due to the risk of parasites piercing the skin.



# COMMON TRAVEL DISEASES

## Malaria

Malaria is caused by parasites that enter the body by bites from Anopheles mosquitos, first to the liver, then to the red blood cells, and then the disease symptoms, which include a high fever and chills, appear. Malaria parasites have evolved resistance to a number of currently available medications. Fever, sweating, chills, tiredness, and discomfort all over the body are some of the complications. Complications include jaundice, low blood sugar, brain damage, kidney failure, and even death if the preventive medication is discontinued.

### What is the best way to avoid malaria?

Make every effort to avoid mosquito bites. Additionally, in some regions of the world, malaria prevention therapy is suggested. A travel health expert should be consulted to adjust the appropriate preventive treatment.

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**TRAVEL HEALTH  
EXPERT**



### Other diseases transmitted by mosquito bites:

Aedes Aegypti mosquitos carry Dengue fever, Chikungunya, and Zika fever, which are primarily transmitted during the day and primarily in metropolitan areas. Fever, muscle aches, and bone aches are among the most common symptoms of the disorders. The ZIKA virus can induce nervous system problems as well as severe fetal abnormalities (hence pregnant women or those planning a pregnancy should be consulted before travelling). Wear light, long-sleeved clothes. Also, use a mosquito repellent with a dosage of above 25% Deet, especially early in the morning and near darkness.

### Diseases transmitted by animals:

Rabies is caused by a virus that can be spread by contact with mammals such as dogs, cats, bats, monkeys, foxes, and other mammals. As a result, it's critical to treat each creature as if it's infected with rabies and to avoid playing with or coming into touch with animals that could spread the virus. If you've been bitten by an animal, wash the wound well with soap and water or another disinfectant. Then you should get a rabies vaccine right now (if you have been vaccinated before the trip, only 2 booster shots should be completed, if you have not been vaccinated, the vaccine is more complex and lasts about a month).

Important: After being exposed to the virus, you can get a vaccine that protects you against the sickness spreading. It is possible to die if you do not get vaccinated after being exposed.

# COMMON TRAVEL DISEASES CONT'D

## Mountain Sickness

When ascending to heights above 2500–3000 metres, altitude sickness manifests itself as a set of symptoms. The oxygen concentration is low at these altitudes because the air pressure is low. As a result of being in a lower body, it is difficult to adjust to the body. The body responds with an adapted response, but this takes time, therefore it's best to gradually increase your elevation by roughly 500 metres every day. Headaches, a racing heart, rapid breathing, a loss of appetite, nausea, tiredness, vomiting, and difficulty sleeping are all signs of altitude sickness. Confusion, instability, and pulmonary edema are some of the severe symptoms of altitude sickness induced by cerebral edema or pulmonary edema that can occur. Shortness of breath with a dry cough, followed by acute shortness of breath. If not treated promptly, the symptoms described are exceedingly serious and can even result in death. The most effective remedy is to get down promptly and ask for medical assistance. Because the risk of suffering altitude sickness is unrelated to physical fitness, age, or gender of the traveller, it is recommended that anyone travelling to altitudes greater than 3000 metres visit a doctor before going to high altitudes.

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## Travelers' diarrhea

A very common condition among travellers. Reaches up to 70% of all visitors to developing countries. Characterized by 3 or more soft stools in 24 hours. Most often the disease passes without treatment within 4–3 days. The pathogens are bacteria, parasites or viruses that are eaten or drunk by contaminated things.

At risk: young travellers taking risks or vaccine-suppressed travellers, patients with inflammatory bowel disease, diabetes or those taking heartburn medications such as omeprazole.

Prevention by following the following rules of conduct: eating well-cooked food, peeling fruits and vegetables, and drinking closed or purified water.



# COMMON TRAVEL DISEASES CONT'D

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## Social behaviour

Because HIV and hepatitis B can be transferred through sexual contact, it's best to approach every sexual contact as a risk of contracting the disease and use a condom whenever possible. If you're in the hospital, make sure you use disposable needles and syringes and don't have blood transfusions from a stranger (if necessary, a blood donation from a close friend should be preferred.)

Avoid using recreational drugs since they can cause irreversible damage.

## Diseases transmitted from person to person

There is a risk of getting diseases carried in the air or in close contact with a sick person in busy areas (markets, concerts, processions, etc.) or without sufficient ventilation (plane, train, etc.). It is recommended that you get vaccinated against the following diseases:

Influenza can affect anyone, including the elderly and children, and can cause a variety of complications.

Measles is a very contagious disease against which you should be vaccinated if you haven't already done so.

Meningococcal meningitis is a serious disease that is common in several parts of Africa. It is recommended that you get vaccinated before travelling.

## Climate damage

Increased solar radiation exposure is particularly common in tropical countries, high (and even freezing!) altitudes, and during the summer months. Solar radiation is amplified in an environment with water, snow, or even sand. In any event, it is recommended that you drink lots of water, even if you are not thirsty, and that you use a sun protection factor cream.

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# EMERGENCY CONTACT & RESOURCES

## EMERGENCY PHONE

+1 613 996 8885  
(call collect where  
available)



## HEALTH AUTHORITY

Sickness or injury -  
Travel.gc.ca



## WEBSITE FOR EMERGENCY

Request emergency  
assistance -  
Travel.gc.ca



## LOST AND STOLEN BELONGINGS INCLUDING PASSPORTS

Sickness or injury -  
Travel.gc.ca



## EMBASSIES AND CONSULATE

Embassies and  
consulates -  
Travel.gc.ca



## GETTING ARRESTED

Arrest and  
detention -  
Travel.gc.ca



## MISSING PERSON

Missing.person



# ROUTINE VACCINATIONS IN CANADA

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All Canadians, regardless of age or previous vaccination history, should receive a series of routine immunizations as part of their regular immunization schedule. The majority of people think of these as vaccines for children, however, there are other vaccines for adolescents and adults that are given on a more regular basis. In Canada, the recommended vaccines and vaccination schedules vary by province.

**CLICK HERE TO SEE**

**ROUTINE  
VACCINES**



**BY PROVINCE**





# WHEN TO VISIT A TRAVEL CLINIC?

We recommend visiting a clinic about a month before your trip.  
You must arrive equipped with a vaccination card from previous trips including Childhood vaccines and other enlistments.

If you have any medical condition, it is recommended to bring a medical summary.

**For details and to arrange an appointment call us at:**

Fort St. John - (677) 880-48061

Prince George - (250) 645-5797

Vancouver - (672) 514-3773

Okanagan- (778) 692-1993

# *Our* TRAVEL HEALTH SERVICES



## Travel Health Consultation

- Medical preparation for travel with a travel health expert with whom you can consult any medical question.
- Get up-to-date information depending on the nature and destination of the trip.



## Travel Vaccines & Medications

- Assessment of existing travel vaccination records
- Recommendations and administration of vaccinations specific to your travel destination.
- Medical prescriptions, depending on the nature and needs of your trip.



## COVID-19 Test & Recovery Certificate

- PCR and Rapid Antigen COVID-19 test and certification for travel, depending on the requirements of your travel destination.
- If you have recently recovered from covid, we are able to provide a recovery certificate acceptable by many countries for entry.



# *Our* VACCINATION PROCESS



## 1. Book your travel consult

- Book your travel consultation to speak with one of our travel health experts.
- This consult could be either virtual or in-person so be sure to confirm before you head to any of our locations.

## 2. During the consultation

During the consultation, you will discuss

- your vaccine history as well as the vaccine requirements for your destination
- vaccine recommendations
- medication recommendations
- insurance requirements,
- potential risks specific to your destination, and how to mitigate those risks
- best safety practises recommendations
- address any concerns about travel safety.

## 3. After the consultation

You will

- receive an itinerary report along with a map showing the risk of diseases in the area you will be visiting.
- prescription for potential diseases encountered in the travel destination, such as malaria or chickenpox
- a list of vaccines required by the destination country, as well as vaccines recommended by the travel health consultant based on potential infections in the destination country



## 4. Getting your vaccine

- Before your vaccination, you will be sent an intake form to complete.
- When you arrive at the clinic, you fill out a consent form and get a refresher on the vaccines that will be administered.
- You receive your vaccines and are observed for 15 minutes.
- As proof of your vaccination, you will also be given an immunization card.





# VACCINE & TEST PRICELIST

## NOTE

**VACCINE PRICES ARE SUBJECT TO CHANGE BASED ON THE SEASON AND  
THEIR AVAILABILITY.**

**FOR UP-TO-DATE PRICING, CONTACT US AT  
INFO@AMANITRAVELCLINIC.CA OR CALL (672) 514-3773**

### TRAVEL CONSULTATION:

- Individual client \$40
- Group of 2 \$80
- Vaccine assessment (no consultation) \$20

### ROUTINE VACCINES:

- Mumps Measles and Rubella (MMR) \$0
- Tetanus Diphtheria Pertussus & (TdaP) \$67
- Tetanus-Diphtheria (Td) \$0
- Influenza \$0
- Meningitis B (Bexsero per dose) \$210
- Shingles (Shingrix per dose) \$196
- Chickenpox (Varicella per dose) \$0/89
- 
- Some shots may be covered by the MSP.  
Groups of 2+ get a discount
- A \$25 nurse assessment fee may apply  
(Dispense Fee)
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- Hepatitis A (Adult): primary dose \$85
- Child primary dose \$65 (Avaxim Jr/Havrix Jr)
- Hepatitis B (Adult): \$85
- Hepatitis B (Junior): \$65
- Hepatitis A & Typhoid Combined  
(Vivaxim) \$145
- Hepatitis A & B (Twinrix): Adult \$105/Child  
\$70 Meningitis ACYW (Menactra/Menveo)  
\$120

### OCCUPATIONAL HEALTH VACCINES:

- Typhim Injectable: \$75
- Influenza \$0
- Mumps Measles and Rubella (MMR) \$0
- Rabies (per dose) \$257
- TB Skin Testing \$65
- Tetanus-Diphtheria (Td) \$0
- Tetanus-Diphtheria Pertussis/Whooping Cough  
(TdaP) \$67/\$0 (Pregnant)
- Chickenpox (Varicella per dose) \$0/\$85
- Dukoral 1 Dose: \$60 per dose
- Dukoral 2 Doses: \$130 per dose
- Yellow Fever: \$195
- Japanese Encephalitis: \$265

### COVID-19 TESTING:

- Covid-19 RT-PCR Test - \$199
- Covid-19 Antigen Test - \$90 - \$129
- Japanese Travel Certificate + PCR Test - \$249
- Covid-19 Gargle (Saliva) PCR Test - \$229
- Recovery certificate - \$50-\$100
- Mobile Antigen & PCR Test (Contact for pricing)

# Contact & Visit Us

To speak with one of our Travel Health Consultants, book an appointment online at [WWW.AMANITRAVELCLINIC.CA](http://WWW.AMANITRAVELCLINIC.CA)

Or visit one of our clinics closest to your city

## FORT ST. JOHN

**Ph:** (778) 804-8061  
**Fax:** 18779360301  
**Email:** fsj@amanitravelclinic.ca  
**Address:** 203-10136 100 Avenue, Fort Saint John, BC V1J 1Y6, Canada  
**Hours:** Mon - Fri (8:30am - 4:30pm ), Sat & Sun (10am - 3pm)

## VANCOUVER

**Ph:** (672)-514-3773  
**Fax:** +778-229-2004  
**Email:** vancouver@amanitravelclinic.ca  
**Address:** Suite 102-970 Burrard Street Vancouver, BC V6Z 2R4, Canada  
**Hours:** Mon - Fri (8am - 5pm ), Sat & Sun (9am - 2pm)

## PRINCE GEORGE

**Ph:** (250) 645-5797  
**Fax:** +778-229-2004  
**Email:** pg@amanitravelclinic.ca  
**Address:** 1023 La Salle Avenue, Prince George, BC, V2L 4J6, Canada  
**Hours:** Mon - Fri (8:30am - 4:30pm ), Sat & Sun (10am - 3pm)

## OKANAGAN

**Ph:** (778) 692-1993  
**Fax:** +778-229-2004  
**Email:** okanagan@amanitravelclinic.ca  
**Address:** Address: 3107 27th Street Vernon, BC V1T4W4  
**Hours:** Mon - Fri (8:30am - 4:30pm ), Sat & Sun (10am - 3pm)