



extremely low (14 cases of seizure over a reporting period of 30 years and billions of applications) and there has never been a death associated with the use of DEET. The Public Health Agency of Canada recommends that DEET can be used on children over 2 years of age at a concentration of less than 10%, whereas the Centers for Disease Control and Prevention in the United States recommends that it may be used on children over 2 months of age. There are, however, some general precautions to observe with the use of repellents. Avoid inhaling, swallowing or getting repellents in your eyes. Wash repellent off after coming indoors. Children under 10 should have repellent applied by an adult. Pregnant woman may use repellent as recommended for other adults. Manufacturer's directions should be followed.

#### VACCINES AND TRAVEL MEDICATIONS

Immunizations and antimalarial medication you may require will vary depending on your destination, and the nature and duration of travel. At least six to eight weeks prior to departure, you should consult a travel health clinic or your family physician. This time frame is necessary to allow for any immunizations to be effective. It should also be noted that some countries require certain vaccinations (and evidence in the form of an International Certificate

of Vaccination) as a condition of entry. Potential vaccinations include, but are not limited to, hepatitis A and B, diphtheria, meningitis, and yellow fever.

In addition to carrying your prescription medication, it is advisable to pack a basic medical kit. This will vary according to your needs but may include some of the following items: antiarrhythmic medication, antifungal cream/powder, antibiotic ointment, nasal decongestant, antacids, oral rehydration salts, insect bite treatment, a pain reliever, bandages, and other items you think you may need.



#### WHERE TO FIND MORE INFORMATION

**Public Health Agency of Canada**  
130 Colonnade Road, A.L. 6501H  
Ottawa, Ontario K1A 0K9  
[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

**Centers for Disease Control and Prevention**  
1600 Clifton Rd.  
Atlanta GA 30333, USA  
Phone: 1-800-311-3435  
[www.cdc.gov/travel](http://www.cdc.gov/travel)

**Canadian Air Transport Security Authority**  
99 Bank St., 13th Floor  
Ottawa, Ontario K1P 6B9  
Phone: 1-888-294-2202  
Facsimile: 1-613-991-6726  
TTY: 1-613-949-5534  
[www.catsa.acsta.gc.ca](http://www.catsa.acsta.gc.ca)

**World Health Organization**  
[www.who.int/ith/en](http://www.who.int/ith/en)

The information found in this PROFILE® health brochure is of a general nature only. It is not intended to replace the advice of your pharmacist, physician, or other healthcare provider. If you have questions relating to your specific health concerns, please contact your personal healthcare provider.



Your PROFILE® Pharmacist  
has many healthy travel tips  
and is always pleased to discuss  
your health concerns!

EXCLUSIVELY AT



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# Travel Tips

# PROFILE



**BE PREPARED FOR THE UNEXPECTED**

Nobody wants to get sick or require unexpected medical care while travelling. International travel, in particular, may present challenges not present when travelling domestically. Prior to international travel, it is advisable to visit a travel medicine clinic. Travelling by air may also require additional planning not required when travelling by land. You should ensure that you have adequate travel health insurance prior to departure.

You should carry enough medications with you to last your entire trip as well as any foreseeable (or unforeseeable) delays. It is also advisable to carry a complete and detailed list of all current medications.

This list should contain:

- the brand (trade) name of each medication
- its generic name (sometimes referred to as the chemical name)
- its dose and frequency of administration
- the medical condition it is being used to treat

These extra details help differentiate one medication from another and prevent errors in treatment. To illustrate the importance of a complete list, it should be noted that the same drug might be sold in different countries under different trade names. For example, in Canada, the stomach medication omeprazole is sold under the trade name Losec, whereas in Spain, it is sold under the trade name Norpramin, and Norpramin in Canada is the trade name for the antidepressant desipramine.

**CAN I (SHOULD I) TAKE IT ON THE PLANE?**

Travellers may be unsure of what to expect at airport pre-board screening. The following is consistent with information available from the **Canadian Air Transport Security Authority** at the time of writing and may be subject to change and should be verified prior to travel. It is recommended that travellers have documentation supporting any medical condition for which medication is prescribed. The following may be placed in carry-on baggage and carried through pre-board screening:

- Prescription medications (including liquid prescriptions) in case they are needed. They must be

in properly labeled containers (labeled by your pharmacist). The name on the label must match the name on the ticket.

- Baby formula, baby food, milk and juice for children two years of age and younger who are travelling.
- An unlimited number of syringes (when accompanied by insulin), diabetic testing supplies, insulin pumps and supplies.
- Essential nonprescription medications (cough syrup, contact lens solutions, etc.).

If you have any medical implants, mobility aids, a insulin pump, pacemaker or artificial limbs which may trigger the metal detectors, you should notify the screening officer. Travellers who have recently undergone medical treatments or tests involving radiation may set off radiation detectors in use in some countries (including the US) and should carry a letter from their physician(s) detailing the type of treatment, the date it was performed and contact information to verify the treatment.

**SAFE FOOD AND WATER**

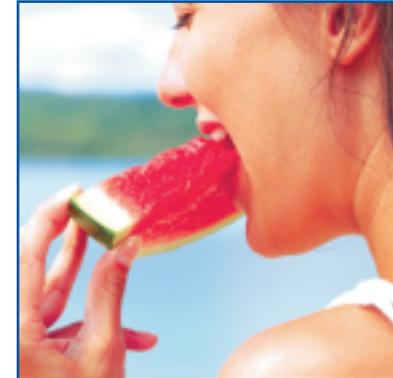
When travelling internationally, a number of infections may be contracted from contaminated food and water, including giardiasis, noroviruses, hepatitis A, E. coli and others. Water that has not been treated to standards used in Canada and unpasteurized dairy products should be avoided. Food that has been cooked and is still hot, fruits and vegetables that have been washed in clean water and peeled by the traveller, coffee and teas made from boiled water, beer, wine and bottled or canned soft drinks can be considered safe. If canned or bottled beverages have been chilled in potentially contaminated ice, the containers should be thoroughly cleaned prior to consumption. Food from street vendors should be avoided. In general, you are less likely to consume contaminated food or water at a five star resort than if you are backpacking.



**TRAVELLERS' DIARRHEA**

Up to half of travellers visiting developing countries from developed countries will experience at least one episode of acute diarrhea over a two-week stay. Contaminated food and water is the most common

cause and prevention should focus on safe food and water practices. While a vaccine is currently available for travellers' diarrhea, it is at best 25% effective and is not recommended for the majority of travellers. Most cases of travellers' diarrhea are mild and resolve



without prescription treatment. In mild cases treatment should consist of antidiarrheal medication and water with rehydration salts. For more serious cases, which persist beyond 48 hours, or where blood is present in the stool, antibiotics may be needed. A prescription for an appropriate antibiotic may be obtained and filled prior to travel.

**PROTECT YOURSELF FROM MOSQUITOES AND OTHER INSECTS**

Mosquitoes and other insects may transmit a variety of illnesses, like malaria, dengue fever, yellow fever and tickborne encephalitis. Potential exposure to these diseases, will vary depending on the destination. However, they are present in popular tourist destinations. Of the insect repellents marketed in Canada, only DEET (Off, Deep Woods, etc.) has been shown to provide protection against the mosquitoes that transmit malaria. Products containing a higher concentration of DEET provide protection for longer periods of time, but are not more effective, and concentrations over 50% do not provide increased duration of protection.

While some may view the use of DEET on children as controversial, the incidence of adverse event is