

Travel vaccines protect you and your family



IAMAT
Go Confidently.

Why should you get vaccinated?



Vaccination protects you and the people around you.



Vaccinations are not just for children. Adults also need to stay up-to-date with their vaccinations.

Do you need Rabies vaccine?



Teach your child not to pet, feed, or play with animals, even if the animal is friendly.



If you or your child are bitten or scratched, wash the wound with soap and water and rinse it with an antiseptic. Seek medical care immediately.

Travel vaccinations

- Travel vaccinations protect you from diseases in different parts of the world.
- Common travel vaccines include Hepatitis A, Typhoid, Rabies, Japanese Encephalitis, and Yellow Fever.
- Travel vaccinations are not covered by government health plans and most private health insurance.

Where to get vaccinated

- Check if your family doctor, community health centre, public health clinic, or pharmacist provide travel vaccinations.
- Bring your vaccination records to your appointment so your health practitioner can make sure that you are up-to-date with your immunizations.
- Some vaccines come in multiple doses. Book an appointment at least 6 weeks before your trip to complete all vaccinations. This will also give you enough time to build your immunity.
- If you are travelling at the last minute, talk to your healthcare practitioner about how to prioritize vaccines.
- If you need a Yellow Fever vaccine, make an appointment at a travel clinic. Travel clinics charge a consultation fee and the cost of the vaccine.

Did you know?

- Vaccine-preventable diseases like Measles and Mumps exist around the world, including in Canada.
- Some vaccines protect you for life, like the Yellow Fever vaccine.
- Your health practitioner may recommend that your child gets some vaccines earlier than the regular schedule, like Measles and Hepatitis A. This will protect your child from diseases in other countries.
- Vaccines are safe and help you stay healthy. They work best when everyone is vaccinated (including infants, children, young adults, parents, and grandparents).
- If a vaccination is not recommended for you because of a health condition, there are other ways to reduce your risk of getting sick. Go to www.iamat.org for more information.

Rabies

- You can get Rabies if you are bitten or scratched by an unvaccinated animal, like a dog or monkey.
- The Rabies vaccine gives you more time to find medical care.
- Teach your child not to pet, feed, or play with animals, even if the animal is friendly.
- Ask your child to tell you immediately if they get bitten or scratched by an animal. Reassure them that it is not their fault.
- If you are bitten by an animal and did not get the Rabies vaccine before your trip, you will need Human Rabies Immune Globulin (HRIG) and Rabies vaccine at your destination. HRIG is in very short supply worldwide.

Reviewed by the South Riverdale Community Health Centre Plain Language Group.

With thanks to:

Shirley Cheng, BMed, MPH



IAMAT

International Association for Medical Assistance to Travellers

www.iamat.org info@iamat.org 416-652-0137