

Your Guide to Healthy Travels in Tropical & Developing Countries

FIRST EDITION

Preparing You For Healthy Travel

Vaccinations, preventive medications, and personalized health advice do more than just protect against illness — they empower travelers with the confidence and peace of mind to fully embrace and enjoy their adventures.



FROM THE EDITOR



As international travel surges back to pre-pandemic levels, so too does the importance of informed, proactive travel health planning. As a travel health pharmacist working in a travel clinic for over a decade, I regularly hear firsthand accounts from clients who learned this lesson the hard way. From days spent bedridden with severe food poisoning to more serious complications like malaria, dengue fever, or the frantic search for appropriate rabies treatment—these are not just rare, cautionary tales. They are real experiences that can disrupt or even end a trip prematurely.

The truth is, many of these illnesses are preventable with the right preparation. Yet travelers often underestimate the risks of even the most popular destinations. Vaccinations, preventative medications, and personalized health advice can make a profound difference—not just in avoiding illness, but in giving travelers the confidence and peace of mind to fully enjoy their adventures.

I hope the content in this magazine provides you with helpful information and practical tips to stay healthy and safe—especially when traveling to developing countries. Stay informed, stay prepared, and enjoy your journey.

Safe and happy travels!

Amir Mokhtari

TRAVEL HEALTH EXPERT
& PHARMACIST

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What Is Travel Health?

Did you know that Canadians are traveling and exploring the world more than ever? Recent data shows that over 43 million Canadians embarked on international trips last year, seeking adventure, relaxation, and cultural immersion. But with the thrill of exploring new destinations comes the responsibility of protecting your health, especially when visiting tropical regions or developing countries.

Travel health is about taking proactive steps to safeguard your well-being throughout your journey. It includes everything from getting the necessary vaccinations and preventing illnesses to staying safe in unfamiliar environments and managing any health challenges that may arise along the way.

If you are traveling to a **tropical destination** or a **developing country**, it is highly recommended that you receive a **pre-travel assessment** from a health-care practitioner **certified in travel health**. This assessment will help identify your health risks based on two key factors:

- **Intrinsic risk factors** - Your personal health risks, including **existing medical conditions and immunization history**.
- **Extrinsic risk factors** - The health risks **inherent to your destination** and the **activities you plan to do** while traveling.

By prioritizing your travel health, you can:

- ✓ **Enjoy peace of mind** and reduce travel-related stress.
- ✓ **Prevent illnesses** and stay healthy throughout your trip.
- ✓ **Maximize your enjoyment** and create unforgettable travel memories.
- ✓ **Avoid unexpected health costs** while abroad.

SURPRISING TRAVEL HEALTH & SAFETY FACTS

Traveler's Diarrhea, Traveler's Big Trouble!

Up to 50% of travelers experience traveler's diarrhea, especially when visiting developing countries. Learn how to prevent and manage it so it doesn't ruin your trip!

Tiny Travelers, Big Trouble!

Mosquitoes transmit some of the deadliest travel-related diseases, including malaria, dengue fever, and Zika virus. Don't underestimate these tiny threats—proper mosquito bite prevention is key!

Dengue Danger!

Dengue fever and chikungunya are among the fastest-growing mosquito-borne diseases worldwide, with over 600 million infections annually. Travelers to Southeast Asia, Latin America, and the Caribbean are particularly at risk.

Altitude Illness!

Traveling to high-altitude destinations like Machu Picchu (Peru) or Mount Kilimanjaro (Tanzania)? Symptoms of altitude sickness can start at 2,500 meters (8,200 feet). Proper acclimatization is essential!

Rabies, A Deadly but Preventable Disease

An estimated 60,000 people die from rabies each year, mostly from dog bites in developing countries. Many travelers overlook rabies vaccination. For those visiting rural areas, it could be lifesaving.

Fake Pills, Real Risks!

A WHO study has found that 9%–41% of tested drugs failed quality specifications in developing countries. In specific regions in Africa, Latin America, and Asia, the chance of purchasing a counterfeit drug can be less than 30%.

Risky Business Abroad!

Surveys show that up to 19% of travelers engage in casual sex while abroad, and in almost 50% of cases, condoms are not used consistently. Protect yourself from sexually transmitted infections (STIs) by taking precautions.

DID YOU KNOW?

Approximately 20–50% of international travelers experience some form of health problem, with gastrointestinal illnesses being the most common.



FOOD & WATER SAFETY ABROAD: A TRAVELER'S GUIDE



Many of the disease-causing pathogens such as traveler's diarrhea agents, hepatitis A & E, typhoid, polio, etc. are transmitted through food and water. Travelers are advised to take precautions with food and water.

While it may not be practical to follow every rule at all times, these precautions will significantly reduce your risk of ingesting these pathogens. Wash your hands before eating or handling food, and after using the toilet is important; carry a hand sanitizer with > 60% alcohol as handwashing facilities may be poor or even inaccessible in some areas of developing countries. Use glasses, dishes and utensils that are clean. When in doubt, use alcohol wipes to clean them at a restaurant.

“REMEMBER: COOK IT, BOIL IT, PEEL IT OR LEAVE IT!”

	
<p>EAT:</p> <ul style="list-style-type: none"> • Food that is fully cooked and served hot • Fruits and vegetables that you peel & clean with clean water • Hard-cooked eggs • Reheated leftovers that are thoroughly heated and served hot • Processed and packaged food 	<p>AVOID THIS (FOOD):</p> <ul style="list-style-type: none"> • Food served at room temperature • Food from street vendors • Soft and runny eggs • Unpasteurized dairy products • Raw or undercooked meat, fish, and shellfish
<p>DRINK:</p> <ul style="list-style-type: none"> • Hot tea or coffee • Pasteurized milk • Bottled water that is sealed • Carbonated drinks • Ice made from treated or bottled water 	<p>AVOID THIS (DRINKS):</p> <ul style="list-style-type: none"> • Tap water or well water • Ice made from tap water • Unpasteurized milk <p>NEVER use non-sterile tap water to irrigate sinuses or to clean contact lenses..</p>



TRAVELER'S DIARRHEA: DON'T LET IT RUIN YOUR TRIP!

Traveler's diarrhea (TD) is the most common health issue faced by travelers visiting developing countries. It is primarily caused by ingesting contaminated food or water, leading to a localized infection in the intestines.

What Causes It?

- 70%–85% of cases are caused by bacteria.
- The rest are due to viruses or microscopic parasites.



What are the main symptoms of traveler's diarrhea:

Loose stools or diarrhea that may be accompanied by abdominal cramps, nausea, vomiting, or fever, with varying severity.

How to Prevent it:

Be mindful of safe food and drink choices (refer to the previous page on food and water safety). Consider discussing Dukoral, an oral vaccine for preventing traveler's diarrhea, with a travel clinic specialist.

What to do if you experience Traveler's Diarrhea:

Stay hydrated: Drink plenty of fluids, such as clear broth, oral rehydration solutions (e.g., Hydrolytes), and bottled water. Avoid sugary drinks and alcohol, especially in severe cases, as they can worsen dehydration.

Use Over-the-Counter Medication

(Loperamide/Imodium®):

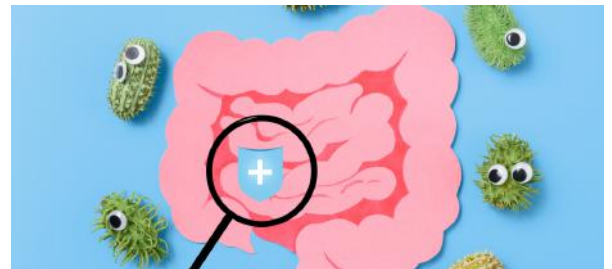
- Loperamide (Imodium®) can help temporarily stop diarrhea and relieve symptoms, allowing travelers to continue their activities without frequent restroom visits.
- It is only recommended for adults and children aged 12 and over.
- Important Note: Loperamide provides temporary symptom relief but does not treat the underlying infection. It should not be used if diarrhea is bloody, accompanied by high fever, or persists beyond 48 hours.

While most cases of traveler's diarrhea are mild and resolve on their own, some can be more severe, lasting several days and leading to dehydration. In such cases, additional treatment, including prescription antibiotics, may be necessary to speed up recovery and prevent complications.

Travel health clinics can prescribe a short-course antibiotic that you may carry in your luggage and use for self-treatment in case of severe traveler's diarrhea, provided it is safe for you. A healthcare professional at the clinic will guide you on when and how to use the antibiotic properly.

Since 70% to 85% of traveler's diarrhea cases are caused by bacteria, antibiotics are often highly effective, typically resolving the infection within one to two days. A travel clinic, such as TravelVAX, will determine the most appropriate antibiotic based on your medical history and travel destination.

Note: If diarrhea or abdominal symptoms persist for more than 2 days, seek medical attention. The infection could be caused by parasitic worms or an underlying condition that requires further evaluation.



FAQS

Do Probiotics Help Prevent Traveler's Diarrhea?

While probiotics support gut health, there is limited evidence that they effectively prevent traveler's diarrhea. However, they may help restore gut balance after an episode of diarrhea.

Does Pepto-Bismol (bismuth subsalicylate) work for prevention of Traveler's Diarrhea?

While bismuth subsalicylate can reduce the incidence of traveler's diarrhea by approximately 50%, the inconvenience of having to take it four times a day makes it impractical. If not taken consistently at this frequency, it will not be effective. Additionally, there are concerns about its side effects, such as blackening of the stool and tongue.

DUKORAL® for the prevention of **BOTH** LT-producing ETEC diarrhea **AND** cholera

**IN THE SUN
HAVIN' FUN**

**STUCK INSIDE
FUN DENIED**



DUKORAL® is a drinkable vaccine that may help you spend your vacation where you want – *and not in the bathroom.*

DUKORAL® [Oral, Inactivated Cholera and LT-producing ETEC Diarrhea Vaccine] is indicated for the prevention of and protection against cholera and diarrhea caused by heat-labile toxin producing enterotoxigenic *Escherichia coli* (LT-producing ETEC) in adults and children from 2 years of age.

DUKORAL® does not treat diarrhea caused by enterotoxigenic *E. coli* once it develops. There are multiple germs responsible for acute diarrhea in travellers. DUKORAL® will only protect against cholera and LT-producing ETEC. Not everyone who gets vaccinated will be fully protected. Therefore, precautions to avoid contaminated food or water should be taken. Allergic reactions and side effects such as abdominal pain, diarrhea, fever, nausea and vomiting may occur. Rehydration measures should be taken in case of diarrhea.

ASK YOUR HEALTHCARE
PROFESSIONAL ABOUT TAKING
DUKORAL®
2 WEEKS BEFORE TRAVELLING



Visit
DUKORALCANADA.COM
for more information.



MOSQUITO BORNE DISEASES

Did you know that mosquitoes are the deadliest animals on the planet? These tiny insects are responsible for transmitting numerous deadly diseases, including malaria, dengue fever, yellow fever, and the Zika virus. According to the World Health Organization, mosquitoes cause over a million deaths each year, making them far more dangerous than any other animal.

Mosquitoes are more than just a nuisance—they're vectors for some of the world's most common travel-related illnesses. These tiny insects thrive in tropical and subtropical regions, making them a key concern for adventurers heading to destinations like Southeast Asia, Africa, South America, and parts of the Caribbean. Mosquito-borne diseases (MBDs) can range from mild flu-like symptoms to severe, life-threatening conditions. Understanding the risks and prevention strategies is essential for safe travel.



COMMON MOSQUITO-BORNE DISEASES

Here's a quick overview of key MBDs that travelers should be aware of. While not all have vaccines, early awareness and preventive measures can make all the difference.

- **Malaria:** Caused by parasites transmitted through infected Anopheles, a type of mosquito. Symptoms include fever, chills, and fatigue, which can appear 7-30 days after a bite. It's widespread in over 80 countries, including parts of Africa and Asia. Prevention: Antimalarial medications, insect repellents, and bed nets. (See our continued coverage on Malaria on the next page for in-depth details.)

- **Dengue Fever:** Spread by Aedes mosquitoes, often in urban areas. Symptoms: High fever, severe headache, joint pain, and rash. It affects millions annually in places like India, Brazil, and Southeast Asia. No specific treatment, but supportive care helps. Prevention: Avoid mosquito bites during daytime hours when Aedes are active.
- **Zika Virus:** Also transmitted by Aedes mosquitoes, with symptoms like mild fever, rash, and conjunctivitis. It's a major concern for pregnant travelers due to risks of birth defects. Prevalent in the Americas and Pacific islands. Prevention: Similar to dengue; pregnant individuals and their spouses should consult health experts before travel.
- **Chikungunya:** This viral disease causes intense joint pain that can last for months, along with fever and rash. Transmitted by Aedes mosquitoes, it's common in Africa, Asia, and the Indian subcontinent, with recent outbreaks in the Caribbean. There's a vaccine for this and available at travel clinics.
- **Japanese Encephalitis (JE):** A serious brain infection from Culex mosquitoes, found in rural Asia and the Western Pacific. Symptoms can include headache, fever, and neurological issues, with a high fatality rate in severe cases. This is recommended for long-term stays or rural travel in endemic areas. Prevention: Vaccine plus mosquito repellents, especially at dusk and dawn.
- **Yellow Fever:** Caused by a virus spread by Aedes and Haemagogus mosquitoes in parts of Africa and South America. It can lead to jaundice, bleeding, and organ failure. A highly effective vaccine is required for entry into some countries. Prevention: Get vaccinated at least 10 days before travel.

Prevention Tips for Travelers

Remember that bite prevention measures, vaccinations, and awareness are the best defense. If you experience symptoms after travel, seek medical attention promptly—early diagnosis can be lifesaving.



MALARIA (CONTD)

Travelers visiting tropical or developing countries are encouraged to minimize mosquito bites to reduce the risk of mosquito-borne and other insect-borne diseases. Below are some tips to follow:

- **Wear appropriate clothing** – Minimize exposed skin by wearing long-sleeved shirts, long pants, and hats whenever possible.
- **Opt for light-colored, loose-fitting clothing** – Mosquitoes are more attracted to dark colors.
- **Stay in well-screened or air-conditioned rooms** – This helps prevent mosquito entry.
- **Use bed nets at night** – If available, sleep under bed nets to protect against mosquito bites.
- **Check for ticks** – Inspect clothing and your body after outdoor activities, especially in tick-infested areas. Showering within two hours of exposure to tick-prone areas can reduce the risk of tick-borne diseases.
- **Avoid stagnant water** – Mosquitoes thrive in areas with standing water, so avoid these locations when possible.
- **Use an effective insect repellent** – Choose a repellent containing **DEET (>30%)** or **Icaridin (Picaridin >20%)** (see the next page for proper application instructions).

Travelers are strongly encouraged to use effective insect repellent to reduce the risk of bites from mosquitoes, ticks, spiders, and other insects. As we say at TravelVAX: take five minutes to apply repellent—it's a simple step for a safer trip.

You might wonder which insect repellents work best? We recommend those containing DEET (over 30%) or Picaridin (over 20%) as the main ingredient—both are proven to be the most effective and provide long-lasting protection.

Here are some general tips on how to use your DEET-containing or Picaridin mosquito repellent safely and effectively:

- Keep all products out of reach of children and pets
- Apply the repellent on all exposed skin; ensure you cover the whole area of exposed skin including the face and neck.
- Do not apply repellent under clothing or on cuts, wounds, or irritated skin
- Avoid contact with lips and eyes. Wash your hands after application
- Do not use products that contain both insect repellent and sunscreen
- Reapply the mosquito repellent every time you take a shower or you go for a swim.
- At nighttime, if there are mosquitos around, it is safe to use it on your skin and go to bed with it.
- Apply sunscreen first and let it dry for a few minutes before applying mosquito repellent. This helps maximize both products' effectiveness.

- Reapply sunscreen every 1-2 hours based on sun exposure, but avoid applying it over the repellent. Reapply repellent as needed, following the product's directions

Question: What insect repellents are safe for use in children and pregnant women?

For pregnant women, DEET (up to 30%) and Picaridin (20%) are safe and effective insect repellents. For children under 2 months, do not use any repellent. Instead use protective clothing and mosquito nets. For children 2 months and older, DEET (up to 30%) and Picaridin (up to 20%) are safe.

WHAT IS MALARIA AND HOW CAN IT BE PREVENTED?

Malaria is a serious mosquito-borne disease caused by Plasmodium parasites. After entering the body through an infected mosquito bite, the parasites travel to the liver, multiply, and then infect red blood cells, causing symptoms like fever, chills, and sweating. Without prompt treatment, malaria can lead to organ failure, coma, or death.

A major concern with malaria is that the infection can remain dormant in the body for up to several months after returning from travel. Early diagnosis and treatment are crucial. Because malaria symptoms (like fever or flu-like illness) are non-specific, even short delays can lead to serious consequences. Prevention is, therefore, essential when traveling to malaria-endemic regions, even low risk areas.

Malaria is most common in tropical and subtropical regions, especially Sub-Saharan Africa, as well as parts of Asia, Latin America, the Middle East, and Oceania.

Travelers to risk areas should use mosquito avoidance strategies and may be prescribed antimalarial medication, taken before, during, and after travel. These drugs, also used to treat malaria, are effective at lower doses for prevention.

When used properly, these measures can reduce malaria risk to near zero. Currently, no malaria vaccine is available for travelers in Canada.

FAQ: Do antimalarial medications cause serious side effects?

Newer antimalarial drugs are generally well-tolerated, with only 1-5% of users discontinuing due to side effects. While older drugs had more severe reactions, newer options have a much lower risk.

RABIES & THE COMPLICATIONS OF RABIES TREATMENT OVERSEAS

Rabies is a serious and fatal viral infection that affects the nervous system. It is usually transmitted through the bite of an infected animal, such as a dog, bat, or raccoon. In British Columbia, rabies infections are mostly seen in bats, whereas in many developing countries, other animals—particularly stray dogs—can potentially carry the virus.

The main concern with rabies infection is that once symptoms appear, the disease is almost always fatal. This is why seeking immediate medical attention after a potential exposure is critical. If you get bitten or scratched by an animal overseas that might have rabies, you should seek medical care as soon as possible, ideally within 24 hours. Fortunately, rabies infection is preventable with prompt and appropriate post-exposure treatment.

Pre-Exposure Vaccination

Some travelers, particularly those visiting rural areas where rabies risk exists, or adventurous travelers such as hikers, cyclists, and cavers, should consider pre-exposure vaccination—especially if traveling to remote locations more than 24 hours away from a reliable hospital.

The pre-exposure vaccination consists of three injections given on days 0, 7, and 21-28.

Although rabies vaccines are expensive, travelers visiting high-risk areas should consider getting vaccinated. Additionally, access to proper post-exposure treatment can be challenging in certain countries or regions, leading to concerns such as:

- Absence of rabies human immunoglobulin, the treatment for rabies in hospitals in developing countries
- Difficulty reaching a hospital within 24 hours
- Risk of improper post-exposure treatment in some hospitals
- Inconvenience of making repeat trips to a hospital on days 3, 7, and 14
- Language barriers that may affect communication with healthcare providers
- Disruptions to travel plans due to treatment requirements
- High costs associated with receiving treatment

At TravelVAX, we have heard from our clients about their frustrations and challenges when seeking rabies treatment abroad. Many have shared difficult experiences from past travels, reinforcing the importance of pre-exposure vaccination.

For those traveling to high-risk areas, pre-exposure vaccination can significantly reduce the urgency, cost, and complexity of treatment if exposed.



Planning to visit cities above 2,000 meters (e.g., Machu Picchu or Quito) or trek high altitudes like Mount Kilimanjaro? Be aware of high altitude sickness, which can affect anyone above 2,500 meters (-8,200 feet)

What is High Altitude Sickness?

At elevations above 2,000 meters, lower oxygen levels make it harder for your body to adjust. Symptoms, including headache (often one-sided), fatigue, dizziness, nausea, shortness of breath, and irritability, typically begin within 6-24 hours and last 3-4 days. Those trekking to high altitudes like Everest Base Camp or Kilimanjaro should take precautions, including preventive medications, as acute mountain sickness (AMS) can be fatal without proper preparation and treatment.

Prevention & Treatment

Travelers staying in high-altitude cities should consult a health professional about medication to prevent altitude sickness. Taken in the first few days after arriving above 2,000 meters, these medications help the body adjust by improving oxygen delivery and reducing symptoms.

For those trekking to higher altitudes, additional precautionary measures and proper medication are essential:

- ✓ Ascend gradually, if possible. Above 9,000 feet (-2,750 meters), avoid ascending more than 500 meters (1,640 feet) per day.
- ✓ Limit physical activity for the first 48 hours at altitude.
- ✓ Stay hydrated and avoid alcohol and heavy meals.
- ✓ Eat a high-carbohydrate diet to fuel your body efficiently.
- ✓ Recognize early symptoms of high-altitude sickness and descend immediately if symptoms worsen despite resting at the same altitude.
- ✓ Consult a travel health specialist for preventative medication and emergency treatment options before your trip.

Q: Does Coca Leaf Help Prevent High Altitude Sickness?

Current evidence shows coca leaves are not a substitute for prescription altitude sickness medications. Studies confirm they do not prevent altitude sickness and should not replace medically approved options.

A QUICK SUMMARY OF SOME OF COMMON TRAVEL DISEASES ADDRESSED DURING A TRAVEL CONSULT (DEPENDING ON ITINERARY) IN ADDITION TO ROUTINE VACCINATIONS

<p>Dengue Fever & Chikungunya (Tropical & Subtropical Regions: Asia, Africa, Latin America, Caribbean, Pacific Islands, and parts of the U.S.)</p>	<ul style="list-style-type: none"> • Cause: Mosquito-borne viruses • Symptoms: Severe joint pain, fever, rash; in severe cases, bleeding, organ failure, and damage • Prevention: No vaccine for dengue fever—use insect repellent & mosquito nets. A vaccine is available for chikungunya.
<p>Hepatitis A (Africa, South America, Asia, Eastern Europe, Middle East)</p>	<ul style="list-style-type: none"> • Cause: Virus spread through contaminated food & water • Symptoms: Fatigue, nausea, jaundice, liver infection • Prevention: Vaccination & safe food/water precautions
<p>Japanese Encephalitis (Asia, Western Pacific, parts of Australia)</p>	<ul style="list-style-type: none"> • Cause: Mosquito-borne virus, common in rural farming areas. • Symptoms: Often mild or asymptomatic; severe cases may involve high fever, encephalitis, seizures, paralysis, or death. • Prevention: Vaccination for long-term or rural-area travelers; essential mosquito bite protection.
<p>Meningococcal Disease (Parts of Africa, Middle East, crowded settings like Hajj pilgrimage)</p>	<ul style="list-style-type: none"> • Cause: Bacterial infection spread through close contact & respiratory droplets • Symptoms: Sudden fever, stiff neck, confusion; can lead to organ failure and death • Prevention: Vaccination is recommended for travel to certain African countries and Saudi Arabia
<p>Typhoid (Africa, Asia, Latin America, South America, Southeast Asia, Middle East)</p>	<ul style="list-style-type: none"> • Cause: Bacterial infection transmitted through contaminated food and water. • Symptoms: Prolonged fever, weakness, stomach pain, diarrhea or constipation, rose spot rash; severe cases may lead to intestinal perforation. • Prevention: Vaccination for travelers to high-risk areas; practice safe food and water hygiene.
<p>Yellow Fever (Africa, South America)</p>	<ul style="list-style-type: none"> • Cause: Virus spread by mosquitoes • Symptoms: Fever, chills, jaundice, liver failure, organ failure; can be fatal • Prevention: Vaccination is available and required for entry into certain countries or for visa applications
<p>Zika Virus (South America, Central America, Caribbean, Asia, Africa)</p>	<ul style="list-style-type: none"> • Cause: Virus spread by mosquitoes & sexually transmitted • Symptoms: Mild fever, rash, conjunctivitis; can cause birth defects in unborn babies • Prevention: Avoid mosquito bites, use condoms and delay pregnancy if traveling to high-risk areas



UPDATE YOUR ROUTINE VACCINES BEFORE YOU TRAVEL!
Routine vaccines are just as important as travel-specific ones to keep you protected abroad.

- ✓ Tetanus – A minor cut can lead to serious infection.
- ✓ Flu – High risk in crowded places like airports and planes.
- ✓ Hepatitis B – Spread through blood and bodily fluids; crucial if medical care or adventure activities are possible.
- ✓ Shingles – Travel stress can trigger reactivation; stay protected.
- ✓ MMR (Measles, Mumps, Rubella) – Outbreaks still occur globally.
- ✓ Others – Vaccine needs vary by age and health. Consult your doctor before traveling.



Scan this QR for recommended routine vaccines for adults who have been vaccinated during their childhood.

PROTECT YOUR SKIN

Always use sunscreen with a minimum SPF of 30. Reapply every two hours, especially after swimming or sweating.

AVOID FRESHWATER SWIMMING: RISK OF PARASITIC INFECTIONS FOR TRAVELERS

Avoid freshwater lakes in tropical and subtropical regions due to the risk of schistosomiasis—a parasitic infection caused by worms that penetrate the skin and can lead to serious health problems.

Zika Avoidance:

Pregnant women should avoid areas with ongoing Zika outbreaks due to the risk of severe birth defects. For regions with past or current transmission, they should consult a healthcare provider to assess risks and discuss precautions. Men and women planning to conceive should wait at least three months after potential exposure before having unprotected sex.

JET LAG

To minimize jet lag, adjust your sleep schedule before travel, stay hydrated and active during the flight, and avoid alcohol and caffeine. After arrival, use natural light, regular meals, physical activity, and melatonin to help reset your body clock. Melatonin, an over-the-counter hormone supplement, is supported by strong evidence and recommended by sleep experts to ease time zone adjustment.

WATER WISE

Ensuring safe water while traveling is key to avoiding waterborne illnesses. Choose bottled water from reputable sources and avoid tap water and ice when possible. If you must use tap water—for drinking, cooking, or rinsing your mouth—boil it for at least one minute, as long as it appears clear and free of discoloration. This simple step can help keep you healthy and hydrated during your trip.

AVOIDING COUNTERFEIT MEDICATIONS WHILE TRAVELING

Travelers should avoid purchasing medications in developing countries due to the risk of counterfeit or unsafe products. It's safer to obtain medications from trusted sources before travel. Travelers should avoid buying medications in developing countries due to the risk of counterfeit or substandard products.

TRAVEL SMART: PROTECT YOURSELF WITH COMPREHENSIVE TRAVEL INSURANCE

Purchasing travel insurance is highly recommended, especially for travelers visiting countries with high medical costs, engaging in adventure activities, or traveling to remote areas. A comprehensive policy should cover emergency medical expenses, medical evacuation, and repatriation.

WHEN TO SEEK MEDICAL ATTENTION FOR TRAVEL-RELATED ILLNESSES

Any case of persistent, late-onset, or recurrent diarrhea should be investigated to rule out a parasitic infection. Likewise, fever or flu-like symptoms lasting more than 24 hours should be assessed by a healthcare professional to rule out diseases such as malaria, dengue, Zika, and chikungunya.

PROTECT YOUR FEET: AVOID WALKING BAREFOOT ON THE BEACH

Walking barefoot can expose you to hookworm larvae and other parasites from contaminated sand. Sharp objects like glass or shells may also be hidden, increasing the risk of cuts and infections. Wearing footwear helps protect against both injuries and infections.

YELLOW FEVER VACCINE: CHECK ENTRY REQUIREMENTS BEFORE YOU TRAVEL

Countries in parts of Africa and South America may require proof of yellow fever vaccination for entry. Before your trip, consult a travel clinic or travel agency to confirm if the vaccine is needed based on your destination.

If needed, visit [Travel.gc.ca/advice](https://travel.gc.ca/advice) for country-specific travel notices. For assistance or emergencies, contact Canadian consular officials at 1-800-267-6788 (toll-free) or 613-996-8885, or email travel@international.gc.ca.

TOP WELLNESS TRAVEL TRENDS SHAPING 2025

Drawing from expert forecasts, here are eight standout trends driving travelers to prioritize health-focused adventures. Expect a mix of tech-free escapes and cutting-edge biohacks in destinations from the Himalayas to Europe.



Sleep Tourism: Dedicated trips to improve rest quality, featuring specialized hotels with blackout tech, soundproofing, and sleep-tracking amenities. Popular in places like Italy and Poland for their serene settings.

Benefits: Combats jet lag and burnout; tips include booking "sleep retreats" with guided routines. **Prevention:** Consult on supplements or apps pre-trip.



Digital Detox Retreats: Unplugging from screens in tech-free zones, often in rural or forested areas, to reduce stress and improve focus. This trend is up 30% as travelers seek mental clarity.

Benefits: Enhanced mindfulness and creativity; try it in Australia or Japan for meditation sessions. **Prevention:** Prepare with offline maps and emergency contacts.



Personalized Wellness Experiences: Tailored programs using AI or consultations for individual needs, like fertility enhancement in the Himalayas or biohacking for longevity in Switzerland.

Benefits: Targeted health gains, from weight management to emotional healing. **Prevention:** Get a pre-travel health check to align with your goals.



Sustainable and Regenerative Travel: Eco-friendly retreats that restore both personal health and the environment, such as "green" developments in blue zones or regenerative farms.

Benefits: Reduces carbon footprint while boosting vitality through nature immersion.

Hot spots: Africa and Southeast Asia; pack reusable gear. Before you go, Consult on the preventive medications and vaccines



Mental Health and Brain Bootcamps: Intensive programs for cognitive enhancement, including mindfulness, therapy, and "brain bootcamps" in Europe.

Benefits: Builds resilience against travel anxieties; ideal for solo or group trips.

Prevention: Include breathing exercises in your routine.



Nature-Based Adventures: Epic walks, canyon bathing, or forest therapy in destinations like the US or Japan, emphasizing "blue" (water) and "green" (land) therapies.

Benefits: Lowers blood pressure and improves mood; great for families.

Prevention: Use insect repellents and stay hydrated in outdoor settings.



Sauna Culture and Contrast Therapy: Hot-cold treatments like saunas followed by ice baths, surging in popularity for recovery and immunity.

Benefits: Aids muscle repair post-adventures; try in Nordic countries or Australia.

Prevention: Hydrate well and consult if you have heart conditions.



Social Wellness and Group Retreats: Community-focused trips for building connections, like multi-generational wellness getaways or sober living experiences.

Benefits: Fights isolation; perfect for post-pandemic reconnection.

Prevention: Ensure group vaccinations for shared activities.

TIPS FOR INCORPORATING WELLNESS INTO YOUR TRAVELS

- Research destinations via apps or sites like CDC for health risks.
- Pack essentials: Eco-repellents, hydration packs, and mindfulness tools.
- Budget for experiences—wellness trips average 20% more but yield lasting benefits.

OVER-THE-COUNTER MEDICATIONS FOR TRAVEL: WHAT TO PACK

Pack essential OTC medications based on your itinerary, health needs, and travel history. Consult a healthcare provider to ensure they're safe and appropriate for you.

ORAL

Analgesics: Acetaminophen is effective for relieving mild to moderate pain and reducing fever. Ibuprofen or naproxen can also relieve pain and fever while helping to control inflammation. However, do not use ibuprofen in dengue-endemic areas, as NSAIDs can increase the risk of hemorrhage.

Antidiarrheals: loperamide is effective in the management of mild to moderate traveler's diarrhea, providing diarrhea relief so the individual can proceed with their daily activities. More severe symptoms (e.g., cramps, bloody diarrhea, fever) require antibiotic therapy without loperamide.

Antihistamines: Antihistamines can be used to treat minor allergic reactions. Certain antihistamines (e.g., dimenhydrinate) are useful to control symptoms associated with motion sickness.

Antiseptics: Clean water can be used to wash minor cuts or abrasions. If the risk of infection is high, cleanse the area with hydrogen peroxide 3% or isopropyl alcohol 70% to prevent skin infections.

Laxatives: A laxative may be helpful for constipation arising from factors associated with travel; e.g., dietary changes, dehydration. Your pharmacist can help you select the appropriate laxative to carry for self-treatment.

Oral rehydration solutions: Oral rehydration solutions prevent dehydration due to travellers' diarrhea.

Alternatively, sports drinks, diluted 1:1 with potable water offer an alternative means of rehydration.

TOPICAL

Antibiotic creams or ointments: A topical antibiotic (e.g., polymyxin B/gramicidin/bacitracin) can be used on superficial wounds likely to become infected.

Antifungal creams: Antifungal cream (e.g., clotrimazole, miconazole) can be used to treat topical Candida infections associated with heat and humidity.

Antipruritic lotions: Lotions containing local anesthetics and antipruritics provide temporary relief of itchiness associated with mild allergic reactions.

Corticosteroid creams: Hydrocortisone 0.5% or 1% cream is useful in various skin conditions such as mild dermatitis and pruritus. Hydrocortisone lotion is more effective in treating larger areas. Clobetasone 0.05% is slightly more potent than hydrocortisone and also available without a prescription for the treatment of similar conditions

Insect repellents: Insect repellents containing DEET (N, N-diethyl-m-toluamide) or icaridin are effective against a variety of mosquitoes, ticks, fleas, chiggers and flies.

Sunscreens: Sunscreen with a SPF of 30 or greater and full spectrum coverage of UVA and UVB are the best

DIGITAL KITS FOR YOUR TRAVEL



Rome2Rio - Helps travelers find the best routes between two destinations using various modes of transport (flights, buses, trains, ferries).



Google Maps
Used for real-time navigation, offline maps, and public transit directions.



TravWell: provides practical tips for preventing and managing illnesses while travelling abroad.



GeoSure - Provides real-time safety ratings for different neighborhoods based on crime, political stability, and health risks.



iTranslate: Offers voice-to-text translation and offline support in multiple languages.



OFFLINE & CONNECTIVITY

WiFi Map - Helps travelers find free Wi-Fi hotspots worldwide.



XE Currency - Real-time exchange rate updates and offline currency conversion.

OTHER USEFUL APPS



Wolfram Sun Exposure - Calculates safe sun exposure time based on your skin type, location, time of day, and UV index, helping travelers prevent sunburn and overexposure.



WhatsApp: Easy way to chat and stay connected with people you meet while traveling.

Travel Word Search



T	R	A	I	N	P	A	S	S	P	O	R	T	V	B
A	I	R	P	L	A	N	E	B	E	A	C	H	A	D
S	L	C	C	A	M	E	R	A	Y	U	T	W	C	R
S	O	U	V	E	N	I	R	I	Q	E	T	A	A	U
P	G	H	I	K	B	A	C	K	P	A	C	K	V	N
O	J	E	T	L	A	G	D	L	Z	I	H	E	A	K
R	G	I	U	T	D	M	A	P	A	I	S	A	R	S
T	R	A	M	R	C	N	V	H	O	T	E	L	A	M
B	E	L	E	R	E	P	R	I	V	E	O	M	O	E
O	R	A	I	N	R	B	O	A	R	D	I	N	G	R
A	C	R	U	I	S	E	N	U	E	G	N	L	E	G
R	P	L	A	Z	A	T	C	I	N	F	L	I	G	H
D	M	I	H	Y	E	G	D	I	R	U	O	T	B	N
I	N	O	I	T	A	N	I	T	S	E	D	E	D	E
N	T	I	C	K	E	T	F	Q	T	U	R	I	S	T
G	D	E	P	A	R	T	U	R	E	Z	G	A	U	P
P	A	R	I	S	M	T	R	A	V	E	L	W	R	E
L	O	D	G	I	N	G	M	E	C	K	C	I	R	T
A	V	R	E	S	O	R	T	Y	A	W	A	W	D	O
N	S	U	N	S	C	R	E	E	N	P	O	E	L	R
E	I	T	I	N	E	R	A	R	Y	D	E	N	T	S

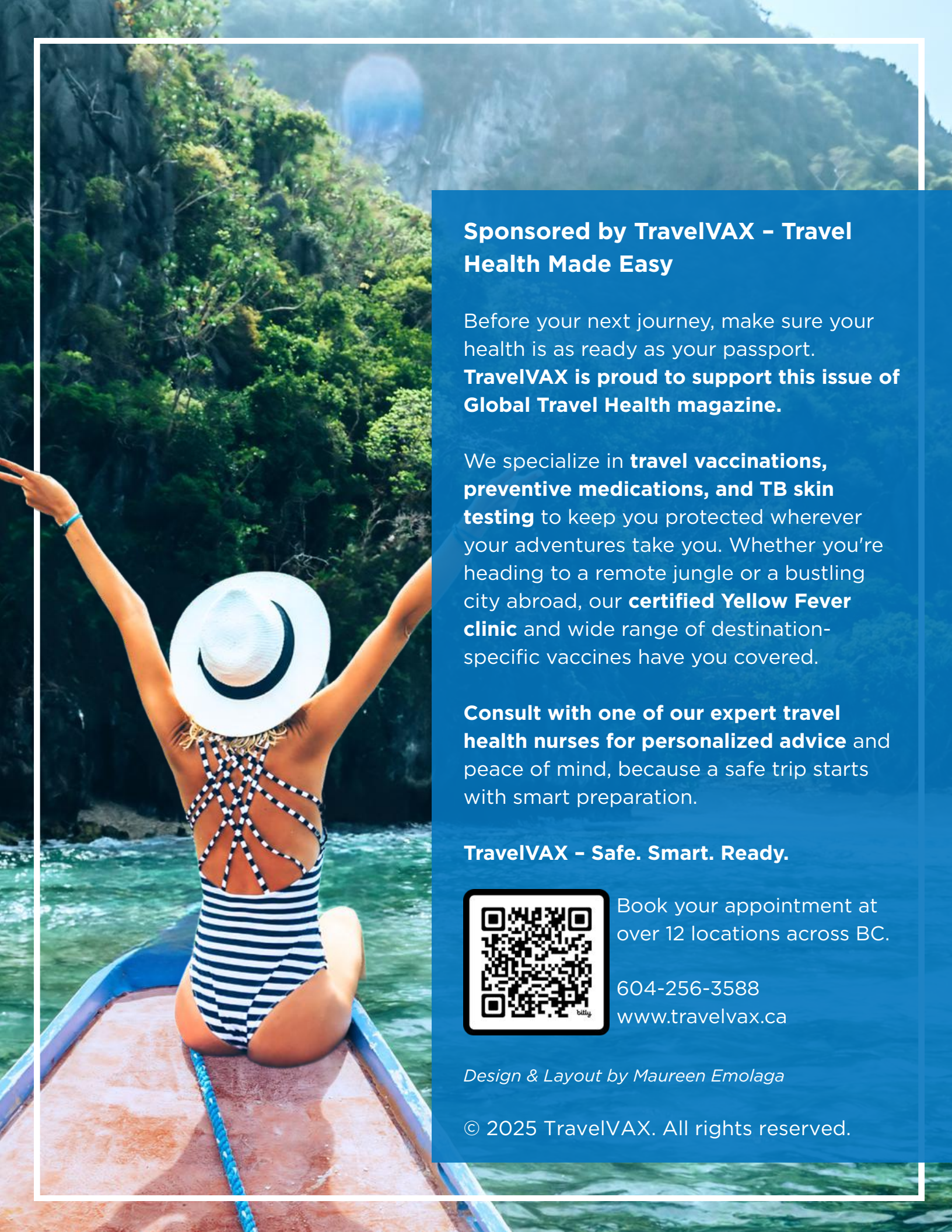
WORD LIST

1. AIRPLANE
2. BACKPACK
3. BOARDING
4. CAMERA
5. CRUISE
6. DEPARTURE
7. DESTINATION
8. FLIGHT
9. HOTEL
10. ITINERARY
11. LODGING
12. MAP
13. PASSPORT
14. PLAZA
15. RESORT
16. SOUVENIR
17. SUNSCREEN
18. TICKET
19. TOURGUIDE
20. TRAVEL

SNAP & WIN!

Finished the puzzle?
Snap a pic of your completed word search and share it on Instagram or Facebook with the hashtag **#TravelVAXPuzzle** for a chance to Win exciting travel prizes for TravelVAX!

Winners will be drawn monthly - don't miss out!



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