



MyHealth™ Newsletter

TRAVEL HEALTH

With summer upon us, many Canadians have plans to travel abroad. Whether you are travelling within Canada or internationally, it is important to keep your health in mind.

With careful planning and advice from your pharmacist, you can ensure that your trip will be safe and healthy.

STOP IN BEFORE YOU TAKE OFF

Visit your local Remedy'sRx pharmacy at least two months before you leave the country for any required immunizations. Pharmacists who specialize in travel health can recommend vaccinations and provide up-to-date travel advisories, medical tips and consular information for your itinerary.

TRAVEL HEALTH ADVICE

Your pharmacist can offer you a travel health kit that will include enough medications to last your trip and any special medications that you will need while you're away.

Your pharmacist can also provide you with an official prescription list to help you clear customs, or revised dosing schedules if you are traveling between different time zones.

TRAVELLING WITH MEDICATION?

Here are some tips for travelling with prescriptions or over-the-counter medications:

- Get a letter from your doctor listing any prescription or injection medications that you are taking
- Travelling with unusual medication? Contact the Canadian foreign government office in the country you plan to visit before departing to make sure the items you intend to bring are allowed into the destination country
- Bring an extra supply of medication in case you are away for longer than originally planned
- Pack all medications in your carry-on baggage in their original labelled containers to facilitate airport security and customs screenings

No matter where you travel, planning for a healthy trip is important. Your Remedy'sRx pharmacist is here to assist you with medication safety, disease prevention and advice to ensure that you have the best vacation ever.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.