

If you are in a part of the world where malaria or West Nile Virus are known to exist and are carried by mosquitoes:

Avoid low-lying and swampy areas.

Bring mosquito repellent that contains DEET (for young children between the ages of six months and two years, DEET-containing products are generally not recommended). If it is considered essential to use this on young children between the ages of two and 12 years, ensure that the DEET concentration is no more than 10%.

Mosquito netting might also be appropriate, especially where you are sleeping. Some of the symptoms of mosquito-carried illnesses are quite similar to the flu, so if you were bitten by a mosquito and you begin to develop any of the following symptoms, it is important to seek medical attention as soon as possible to have these symptoms checked by a doctor:

- Fever
- Chills
- Fatigue
- Muscle pain
- Nausea or vomiting.

Be aware that certain illnesses and bacterial infections can be acquired through infected water or food. Water treatment and sanitary conditions in some countries might not reliably provide a safe source of tap water, so it is best to stick to bottled water and/or canned beverages. Unless you are confident with the water supply at your destination, always avoid drinking tap water and the ice cubes that are made from it.

A WORD ABOUT FLYING AND BLOOD CIRCULATION

With more and more people using air travel, a greater number of people have reported a condition known as “venous thromboembolism,” which is essentially a blockage of blood in a vein, in this case caused by sitting in the same cramped position for a long period of time.

This condition has received a lot of attention, but it is not yet perfectly understood. Some people who are already at a higher risk of circulatory problems (e.g., people who have already had a stroke or who have existing blood circulation problems) might face an increased risk of this condition, particularly if they are flying for a long distance, although this is not certain.

There are a few general rules that may help minimize circulation problems while you fly:

Stay hydrated by drinking lots of water.

Don't drink too much alcohol.

Walk up and down the aisle from time-to-time, taking care to stretch your legs and arms.

If you have any circulatory problems (particularly in your legs), you may benefit from a support stocking that fits snugly over your lower leg. Ask the pharmacist affiliated with Accès pharma chez Walmart for assistance in selecting a product.

If you are concerned about your health and how it relates to your travel plans, speak with your doctor about prevention and risk factors. You can also trust the pharmacist affiliated with Accès pharma chez Walmart to provide you with helpful advice on common conditions and products that can help treat them.

For more information

If you are concerned about your health and how it relates to your travel plans, speak with your doctor about prevention and risk factors. You can also trust the pharmacist affiliated with Accès pharma chez Walmart to provide you with helpful advice on common conditions and products that can help treat them. There are a number of information sources that may be helpful:

Public Health Agency of Canada

www.travelhealth.gc.ca

Health Canada

www.hc-sc.gc.ca

World Health Organization

www.who.int

This information should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your physician may recommend based on individual facts and circumstances. If you have questions about your symptoms, ask the pharmacist affiliated with Accès pharma chez Walmart for more information, and/or contact your doctor.

Only pharmacists are responsible for pharmacy practice. They only provide related services acting under a pharmacist owner's name and use different tools including Health Access tools.

HEALTH ACCESS

TRAVEL



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Before you book that trip to paradise, you might want to pay attention to a few important areas of your health while you're away from home.

You'll want to be healthy during your trip and if you take the time to prepare, you can reduce the chances of any health-related problems while you're on vacation.

Consider these tips as a useful starting point for staying on top of your health when you travel.

The basics

The following checklist covers off some essentials when it comes to traveling away from home:

Your travel documents (passport and a visa, if required).

Vaccination record (sometimes required). You may need to receive additional vaccinations to the ones you probably had as a child. It is a good idea to attend a travel medicine clinic before you leave.

Copies and/or cards outlining your health insurance information (and a thorough understanding of what services are covered in case you require medical attention in a different country).

Have a back-up prescription for medication you take, in case your medication is lost, stolen, or damaged.

Always keep any medication(s) you take in the original prescription bottle with labels.

Have a note from your doctor indicating why you require the medication.

Insect repellent and/or mosquito netting, if you are going to a country with mosquitoes (especially if there is an indication that insects are carrying disease, such as malaria).

Sunscreen with a Sun Protection Factor (SPF) of at least 15 (an SPF of 30-50 is ideal).

Over-the-counter health care products may be recommended by your doctor and/or pharmacist for common health conditions, depending on your current health status and any medications you may be taking:

Condition	Type of Medication	Product Examples
Diarrhea	Loperamide Bismuth sub-salicylate	Imodium® Pepto-Bismol™
Constipation	Psyllium Lactulose Bisacodyl	Metamucil® Apo®-Lactulose Gentlax®•S
Pain Relief/ Headache	Acetaminophen ASA Ibuprofen	Tylenol® Aspirin® Advil®
Mild Sunburn	Topical vitamin A and D creams Emollient Lidocaine	 Lubriderm® Xylocaine®
Nausea	Dimenhydrinate Diphenhydramine Scopolamine	Gravol® Benadryl® Transderm-V®
Allergies	Diphenhydramine Cetirizine Loratadine	Benadryl® Reactine® Claritin®
General	Type of Medication	Product Examples
Topical Ointment	Bacitracin/ polymyxin B sulfate	Polysporin® Antibiotic Ointment
Bandages		BAND-AID® Adhesive Bandages

VACCINATIONS

Each person's need for vaccination might be different, depending on the length of stay, your existing health, and the nature of your travel (e.g., if you are going into the backcountry on a wilderness adventure, you might have a greater need for a vaccination than a person who is going to be at the beach). Ask your doctor or the pharmacist affiliated with Accès pharma chez Walmart for more information.

OTHER THINGS TO KEEP IN MIND

Depending on which part of the world you're traveling to, you may need to be aware of the environment. Mosquitoes and other insects can be carriers of certain illnesses and you are encouraged to take the necessary precautions to avoid being stung and/or infected.

