

Press Release
For immediate release

Travel smart – update your vaccinations!
Protect yourself against preventable illnesses

Montreal, February 16, 2016 – If you are one of the lucky Canadians preparing to fly off to warmer climes this winter, now is the time to make sure your travel vaccines are up-to-date. Whether you're travelling for business or pleasure, the last thing you need is to be laid up with a case of traveller's diarrhea or worse.

Cholera, polio, measles, Avian influenza, meningococcal disease, Ebola, and the Zika virus are a few health risks that have made the news and travel advisories in the past year. When a vaccination is not available, other preventive measures can help you guard against infectious illness. Visit Vaccines411.ca to access all the [information you need to prepare for a safe trip](#) – [input your postal](#) code to find the vaccination clinic nearest you. It's that easy.

"As a frequent traveller both for business and vacations, being informed, well-prepared and appropriately immunized really helps me relax and enjoy my destination," says Francisca Roel, president of FR@SNM and founder of the Vaccines411.ca initiative. "I am pleased to be able to offer that same opportunity to all Canadians, free of charge."

The Vaccines411.ca website is bilingual and now even more accessible using any smartphone, tablet or desktop computer, Roel notes. In addition to vaccination updates, Vaccines411.ca offers helpful information on how to travel with confidence using simple preventative measures to protect yourself against illnesses for which there is not yet a vaccine, including increasingly common mosquito-borne diseases at some destinations.

While you're there, enter the [Vaccines411 Sprint into Spring contest](#) for your chance to win one of six \$500 gift cards courtesy of Shoppers Drug Mart™ (Pharmaprix™)! Ready, get set, go... enter every day to increase your chances of winning!

About Vaccines411.ca

Developed and managed by FR@SNM, Vaccines411.ca is an online vaccination clinic locator that also includes reliable immunization resources so Canadians can easily find the vaccination resources they need. The website was officially launched in May 2011. This free online service was created to facilitate the process of vaccination for the many Canadians who do not know where to turn for this kind of information. The information provided on Vaccines411.ca is designed to complement, not replace, relationships between patients and healthcare professionals.

About FR@SNM

FR@SNM is a Canadian web agency (www.frsnm.com) that specializes in developing web-based applications and online communications for the healthcare industry. As web consultants to the healthcare industry since 1998, FR@SNM's mission is to help its clients achieve their objectives with smarter webbased technologies that maximise return on investment.

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For more information:
Krystel Moraitis
FR@SNM General Manager
514-696-9991
krystel@frsnm.com