

# WHAT TRAVEL VACCINES DO YOU NEED TODAY?

If you are planning to travel outside of Canada, you may be exposed to different health risks than you are at home. Vaccine-preventable infectious diseases that are very rare here may be common in other countries. That's why it is important that you are up-to-date with both routine and travel vaccinations.

Travel health recommendations differ for each individual and depend on your health and immunization status, destination(s), type of travel, planned activities, and length of stay. Consult a healthcare provider or visit a travel health clinic at least **four to six weeks** before you travel, and be sure you are aware of infectious disease risks and vaccine requirements for your destination.<sup>1</sup>

## CHOLERA / TRAVELLERS' DIARRHEA

- I am travelling to a rural location / place with inadequate sanitary facilities.
- I will be working with / have close contact with the local population.<sup>1</sup>
- I may be at increased risk of severe consequences due to health- or age-related factors.
- I cannot afford a brief illness while I travel.

## HEPATITIS A / HEPATITIS B (INDIVIDUAL OR COMBINED VACCINES)

- I have not been previously vaccinated against Hepatitis A or Hepatitis B.
- I am travelling to a rural location / place with inadequate sanitary facilities.<sup>1</sup>
- I am travelling to my country of origin to visit friends and relatives.<sup>3</sup>
- I will be working with / have close contact with the local population<sup>1</sup>.
- I may have health / lifestyle risks (e.g., new sexual partners / use of street drugs).<sup>1</sup>

## HUMAN PAPILLOMA VIRUS (HPV)

- I am a female between the ages of 9 and 45, with or without a history of abnormal Pap tests, genital warts, or HPV infection.<sup>5</sup>
- I am a male between the ages of 9 and 26, with or without a history of genital warts, or HPV infection.<sup>5</sup>

## INFLUENZA

- I have not had my seasonal flu shot<sup>1</sup> and I am over 6 months of age.<sup>4</sup>
- I may be at increased risk of severe consequences due to health- or age-related factors; children, pregnant women, persons over 65, and those with immunosuppression are at greatest risk of complications.<sup>1</sup>

## JAPANESE ENCEPHALITIS

- I am travelling to rural areas of Southeast Asia.
- I will be participating in outdoor activities like hiking, camping and swimming.<sup>1</sup>

## MENINGOCOCCAL DISEASE

- I am travelling to Africa/ Saudi Arabia and may require proof of vaccination.
- I have not been vaccinated against all 4 or 5 main strains of meningococcal bacteria (A,C,W,Y or A,C,W,Y, & B).<sup>1</sup>

## MEASLES-MUMPS-RUBELLA / VARICELLA (CHICKENPOX) (MMR / MMRV)

- I am travelling to a country where vaccination is not widely adopted.<sup>1</sup>
- I will be at events / attractions that draw a large crowd.

## PNEUMOCOCCAL DISEASE

- I am age 65 or older, and:
  - I have never had a pneumococcal shot.<sup>8</sup>
  - It has been 5 years or more since the last shot.<sup>8</sup>
- I am younger than age 65, I have not had a pneumococcal shot, and may be at increased risk because:
  - I live in a long term care facility.<sup>8</sup>
  - I smoke cigarettes.<sup>8</sup>
  - I have heart, lung (including asthma), liver, or kidney disease.<sup>7,8</sup>
  - I have diabetes.<sup>8</sup>
  - I have alcoholism.<sup>8</sup>
  - I have a medical condition that affects my immune system (eg, HIV) or requires immune suppressing treatment.<sup>8</sup>

## POLIOMYELITIS

- I have never been vaccinated against polio.
- I was previously vaccinated but am travelling to a high-risk area and may benefit from a single lifetime booster shot.<sup>1</sup>

## RABIES

- I am travelling with a child who may need to be vaccinated.

- I am planning a long stay in an area where rabies is common and access to post-exposure management is unknown.<sup>1</sup>

## SHINGLES

- I am an adult age 55 or older and haven't had a shingles shot.<sup>9</sup>

## TETANUS, DIPHTHERIA, AND PERTUSSIS (WHOOPING COUGH) (TD & TDAP)

- I have not had or am not aware of having a vaccine containing tetanus or pertussis (Tdap) as an adolescent or adult.<sup>9</sup>
- It has been 10 years or more since I received any tetanus and diphtheria-containing shots.<sup>9</sup>
- I am in contact with infants and want to reduce the risk of transmitting pertussis to those who are too young to be fully protected.<sup>9</sup>

## TUBERCULOSIS (BCG)

- I have never been vaccinated against tuberculosis.
- I am travelling to an area where this infection is endemic.
- I will be working with / have close contact with the local population.

## TYPHOID

- I am travelling to a rural location / place with inadequate sanitary facilities.
- I am planning a long stay in an area of Asia / Africa where this infection is common.
- I am travelling to my country of origin to visit friends and relatives.
- I am travelling with a child who may need to be vaccinated.<sup>1</sup>

## YELLOW FEVER

- I am travelling to South America / Africa and may require proof of vaccination.
- I am travelling to a tropical destination during or following the rainy season.
- I will be participating in outdoor activities like hiking, camping and swimming.

## VISIT OUR TRAVEL RESOURCES PAGE AT: [Vaccines411.ca/en/travel-resources](http://Vaccines411.ca/en/travel-resources)

# Checklist

Travel vaccine recommendations depend on your destination. Use this list to identify vaccines you have received and discuss your needs with your healthcare provider or travel clinic.

## TRAVEL VACCINATIONS TO BE CONSIDERED:

- |  |   |
|--|---|
| <input type="checkbox"/> Chickenpox            | <input type="checkbox"/> Pneumonia            |
| <input type="checkbox"/> Cholera               | <input type="checkbox"/> Polio                |
| <input type="checkbox"/> Diphtheria            | <input type="checkbox"/> Rabies               |
| <input type="checkbox"/> Hepatitis A           | <input type="checkbox"/> Rubella              |
| <input type="checkbox"/> Hepatitis B           | <input type="checkbox"/> Shingles             |
| <input type="checkbox"/> HPV                   | <input type="checkbox"/> Tetanus              |
| <input type="checkbox"/> Influenza             | <input type="checkbox"/> Traveller's Diarrhea |
| <input type="checkbox"/> Japanese Encephalitis | <input type="checkbox"/> Tuberculosis         |
| <input type="checkbox"/> Meningitis            | <input type="checkbox"/> Typhoid              |
| <input type="checkbox"/> Measles               | <input type="checkbox"/> Whooping Cough       |
| <input type="checkbox"/> Mumps                 | <input type="checkbox"/> Yellow Fever         |

## ARE MY ROUTINE VACCINATIONS UP-TO-DATE?

- Yes    No    I don't know

**SHARE WITH YOUR HEALTHCARE PROFESSIONAL**  
Schedule your vaccinations, and then keep for your records.

Visit [www.vaccines411.ca](http://www.vaccines411.ca) to find the vaccinating clinic closest to you.

# 411<sup>®</sup> vaccines

Canada's online source for  
**vaccine clinic locations  
and immunization information.**



Visit our travel resources page  
for more information.



CONSULT A HEALTHCARE PROFESSIONAL  
AT LEAST 4 TO 6 WEEKS BEFORE YOU TRAVEL  
TO UNDERSTAND YOUR VACCINATION NEEDS!

[www.vaccines411.ca](http://www.vaccines411.ca)

# 411<sup>®</sup> vaccines

## Travel Immunizations



# ARE YOUR TRAVEL VACCINES UP-TO-DATE?

Check our quick list to see  
what immunizations you may need:

Chickenpox • Cholera • Diphtheria • Flu •  
Hepatitis A • Hepatitis B • HPV • Japanese  
Encephalitis • Meningitis • Measles • Mumps •  
Pneumonia • Polio • Rabies • Rubella • Shingles •  
Tetanus • Traveller's Diarrhea • Tuberculosis •  
Typhoid • Whooping Cough • Yellow Fever