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SHINGLES



It is estimated that nearly **1 in 3 people** will experience shingles in their lifetime.

LEARN MORE

411

vaccines

Summer 2017 Newsletter



Hello "[NAME]",

Summer has finally arrived! It's the time to have some fun in the sun and what better way to celebrate the season than winning one of five \$100 VISA gift cards by entering Vaccines411 latest contest! Vaccines411 also has you covered from mosquito bites to rabies in this summer edition of our newsletter to ensure you have a safe and pleasant season outdoors whether it's spent at home or abroad!

In this issue, you will find:

OUTDOOR SAFETY IS IN THE SPOTLIGHT

- Stay safe this summer - Reduce your risks for Zika and tetanus
- Outdoor safety resources
- Travel vaccines for a healthy vacation

VACCINES NEWS & EVENTS

- July 28: World Hepatitis Day
- Flu-Pneumococcal Vaccines
- September 28: World Rabies Day

VACCINES411 CONTEST

- Hello Summer! 2017 Contest

JUICE OF THE SEASON

- Sweet Sunshine!

Outdoor Safety is in the Spotlight

Banner



STAY SAFE THIS SUMMER: REDUCE YOUR RISKS FOR ZIKA AND TETANUS

By Vaccines411

Outdoor activity can carry some tiny but potentially severe health risks, including tetanus bacteria and Zika-bearing mosquitos. So whether you are gardening at home this summer or vacationing in warmer climes, enjoy time outdoors knowing you have done all you can to keep yourself and ... [read more.](#)

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LYME DISEASE is on the rise in Canada

To learn more, visit:

- » [Canadian Lyme Disease Foundation](#) (CanLyme)
- » [Lyme Disease Resources](#) (Government of Canada)
- » [More ticks means an increase of Lyme disease across Canada](#) (Global News)

BEWARE OF MOSQUITO BITES!

By Vaccines411


Mosquitoes are found in abundance in tropical areas and can also survive the winter in countries with lower temperatures, such as Canada. There are over 3,000 types of mosquito and they all have the ability to transfer potentially lethal diseases. Thanks to its alarming efficiency when it comes to transmitting disease, the mosquito may be our number one health threat. [Click here](#) to learn how to protect yourself...

RABIES AWARENESS AND RESOURCES

By Vaccines411

Kids often have very close relationships with family pets. And our beloved four-legged friends may come into contact with wild animals that carry rabies. Species such as skunks, raccoons, foxes, and bats are among the most commonly infected, although any mammal can catch rabies. [Click here](#) to discover more resources...

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TRAVEL VACCINES FOR A HEALTHY VACATION

By Vaccines411

Travelling is the time to unwind, spend quality time as a couple, as a family or with friends, to discover new landscapes and ways of life, to meet new people. However, exotic adventures can quickly become nightmares if certain precautions are not taken before leaving.

[Click here](#) to make sure your vaccine booklet is up to date!

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DUKORAL® IS A DRINKABLE VACCINE THAT MAY HELP YOU SPEND YOUR VACATION WHERE YOU WANT – AND NOT IN THE BATHROOM.




ASK YOUR HEALTHCARE PROFESSIONAL ABOUT DUKORAL® BEFORE TRAVELLING

DUKORAL® is indicated for the prevention of and protection against cholera and enterotoxigenic E. coli (ETEC) produced heat-labile enterotoxin (LT) (enteric LT alone or both LT and heat-labile enterotoxin (ST) together).

Vaccines411 Contest

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HELLO SUMMER! 2017 CONTEST

By Vaccines411

Hello summer! Vaccines411 wants to celebrate this season by bringing you the chance to win 1 of 5 \$100 VISA gift cards! Participate now in our summer 2017 contest and enter daily to increase your chances of winning!

Vaccines411 News and Events

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WORLD HEPATITIS DAY


By World Hepatitis Day

July 28, 2017

World Hepatitis Day presents an ideal opportunity: an opportunity to join together and raise the profile of viral hepatitis among the public, the world's media and on the global health agenda.

To learn more, [click here.](#)

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FLU-PNEUMOCOCCAL VACCINES

By Vaccines411

Did you know that anyone travelling (especially to the southern hemisphere where flu season runs from April to October) should consider getting a flu and pneumococcal vaccine?

To learn more, [click here.](#)

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WORLD RABIES DAY

By Global Alliance for Rabies Control

September 28, 2017

World Rabies Day is an opportunity to play your part and bring an end to the unnecessary suffering and death caused by rabies. [Learn more...](#)

Juice of the Season

SWEET SUNSHINE!

To celebrate summer, we're bringing you a new health-related recipe from Emily Von Euw's new book "100 Best Juices, Smoothies and Health Snacks". This issue features the vibrant and cleansing "Sweet Sunshine".

Ginger is an excellent cleanser, and pineapple and lemon work to alkalize your stomach, creating a happy habitat for digestion. All the ingredients combine create a vibrant, glowing yellow juice that's perfect for summer!



Sweet Sunshine!

1 yellow bell pepper
1 tbsp (15g) ginger
1 lemon
2 cups (330g) pineapple
3 red apples

Wash, peel and chop the produce as needed, removing any seeds from the fruit. Throw through your juicer and enjoy in the sun!

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VACCINATION AGAINST HPV COULD HAVE PREVENTED MY CERVICAL CANCER



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