



Going home to visit? Protect yourself against serious diseases!

Before going to visit his grandparents, little Kye **got a typhoid vaccine**, so that during his trip he would be protected against this serious disease that is not present in Québec.

healthytravelers.ca

Be sure to consult a health professional before your trip!

- Travel Health Clinic
- Family doctor
- Pharmacist

Protect yourself

- Get vaccinated
- Drink bottled water
- Eat only food that has been properly cooked
- Use mosquito repellent
- Use only medications purchased here

Québec 



Going home to visit? Protect yourself against serious diseases!

Lan got diarrhea **while staying** with a childhood friend. Luckily, **she had anti-diarrhea medication that she had bought in Québec**, and the problem was resolved.

Be sure to consult a health professional before your trip!

- Travel Health Clinic
- Family doctor
- Pharmacist

Protect yourself

- Get vaccinated
- Drink bottled water
- Eat only food that has been properly cooked
- Use mosquito repellent
- Use only medications purchased here



Going home to visit? Protect yourself against serious diseases!

Joseph has been living in Québec for 20 years, and **has lost his natural protection** against malaria. **Before going to visit** his sisters, he **started taking medication to prevent malaria.**

Be sure to consult a health professional before your trip!

- Travel Health Clinic
- Family doctor
- Pharmacist

Protect yourself

- Get vaccinated
- Drink bottled water
- Eat only food that has been properly cooked
- Use mosquito repellent
- Use only medications purchased here

healthytravelers.ca

Québec 