

# LIVERight™ on the Road

## Travel Checklist

*Protecting your liver health while travelling can be as easy as taking some preventative steps before you leave home and following a few simple precautions while you're away. The following checklist will help ensure that you don't bring home any "unwanted souvenirs" from your trip.*

### Before your trip:

#### **T-Minus... 3 months**

- Learn potential health risks and whether you need to be immunized. Many vaccinations require time to become effective or to obtain:

| Illness      | Transmission  | Vaccine & Illness Notes   |
|--------------|---|---|
| Hepatitis A  | Transmitted via food/water in areas of poor sanitation.         | Injections given at Day 0 and Month 6 or Month 12 for lifetime immunity.  |
| Hepatitis B  | Transmitted via blood and sexual contact with infected persons. | Injections given at Day 0, Day 30, and Month 6 for lifetime immunity.   |
| Hepatitis C  | Transmitted via direct contact with blood of infected persons.  | No vaccine available therefore critical to take lifestyle precautions (e.g. practise safe sex, avoid unsafe tattooing/piercing & other direct contact with blood etc.).                     |
| Malaria      | Transmitted via mosquito.                                       | Oral medication taken 1-2 days or weeks (depending on medication) before entering a high risk area for malaria, each day or week while there, and 7 days to 4 weeks after leaving the area. |
| Yellow Fever | Transmitted via mosquito.                                       | Single injection, but must be given 10+ days before travelling (immunity for 10 years). Can lead to liver failure which is associated with jaundice, hence the name "yellow fever".         |

\* Visit [www.cdc.gov/travel](http://www.cdc.gov/travel) to see which of the above or other inoculations are required for your destination.

#### **T-Minus... 2 Months**

- Check if your prescription medications are up to date and whether they are legal in the country that you are visiting.  
 Get a medical check-up at least 6-8 weeks prior to travel:

##### Tell your doctor:

- the countries to be visited, length of stay in each country, time of the year in each country (season), type of accommodation (major hotel or tent), and type of travel (bus tour or backpack).

##### Ask your doctor:

- how to reduce your risk of illness.  
 to confirm whether or not immunizations are necessary for protection against diseases you may encounter, for routine health measures or as legal requirements for entry into some countries.  
 to renew any prescriptions you may be on and need while you are away and to provide a letter about these medications if you will need to carry them during your trip.

- Get recommended immunizations (from your family doctor or travel clinic).

#### **T-Minus... 1 Month**

- Confirm that your health insurance coverage is adequate and current. Understand how it is accessed while abroad.

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## Travel Checklist cont'd

### T-Minus...1 Week

- Keep track of current travel health notices ([http://www.phac-aspc.gc.ca/tmp-pmv/pub\\_e.html](http://www.phac-aspc.gc.ca/tmp-pmv/pub_e.html)).
- Pack medical/first aid kit. Keep medication in your hand luggage, including doctor's letter for prescription medication.
- Pack list of travel medical clinics in the region you are visiting (see <http://www.istm.org/>).
- Pack some safe sex supplies before you go (if you might be sexually active while away) as they are not always as readily available abroad and quality can differ between countries.
- Pack a water purifier (ex: SteriPen etc) to sterilize water.
- Pack insect repellent (the most effective ones contain DEET).
- Pack waterless alcohol-based hand wipes or sanitizer for when soap and clean water aren't available.

### During your trip:

- Find out the local emergency number and address of the nearest hospital when you arrive. Practise safe sex.
- Find out the local emergency number and address of the nearest hospital when you arrive.
- Take precautions to ensure water is safe (use bottled, purified or boiled water for drinking, ice cubes, brushing teeth, washing food etc).
- Practice good hand-washing techniques and keep hand sanitizers handy
- Make sure dairy products are pasteurized, fruit/veggies are adequately cooked, well-washed or peeled, and meats/fish well cooked and eaten just after preparation. Avoid food from street vendors.

### After you return home:

- Monitor your health for at least 10 days
- If you become ill, consult a health care provider and tell them: a) your symptoms b) where you traveled c) if you've had close contact with any severely ill persons

*The liver plays a critical role in overall health. For more information on liver health, contact the Canadian Liver Foundation at 1-800-563-5483 or visit [www.liver.ca](http://www.liver.ca)*