

# Ready to travel?

Typhoid  
Fever



Rabies



Hepatitis B

influenza



## We specialize in infectious diseases

### *What is an infectious diseases specialist?*

An infectious diseases (ID) specialist is an internist whose expertise lies in the diagnosing and treatment of infectious diseases. ID specialists usually train for two to three years in infectious diseases after completing a medical residency.

ID specialists treat all types of infections of the sinuses, heart, brain, lungs, urinary tract, bowel, bones, and pelvic organs, including those caused by bacteria, viruses, fungi, and parasites. They also treat AIDS patients—victims of infections caused by the human immunodeficiency virus (HIV).

ID specialists are experts in the use of antibiotics; they are also very knowledgeable in the fields of immunology (how the body fights infection), epidemiology (how infections spread), and infection control.

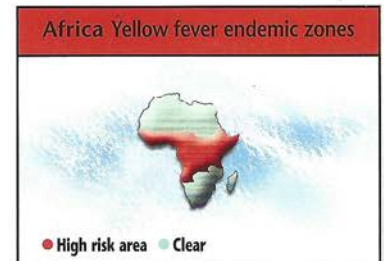
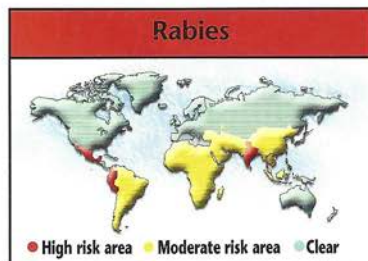
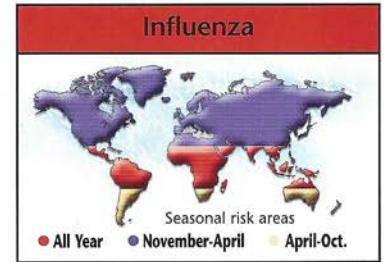
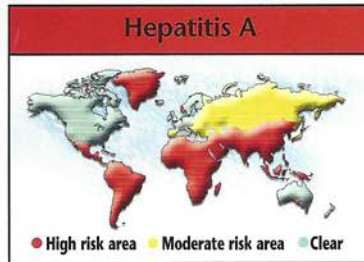
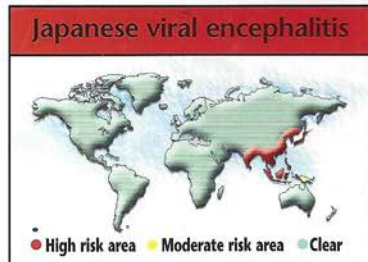
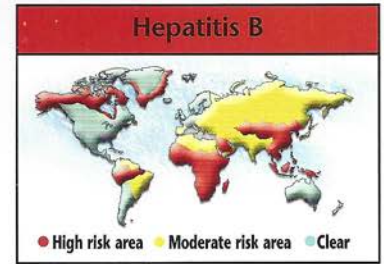
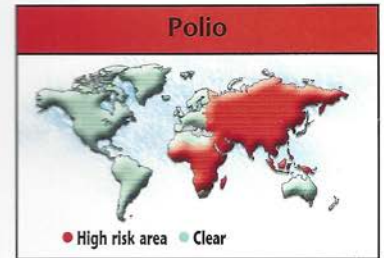
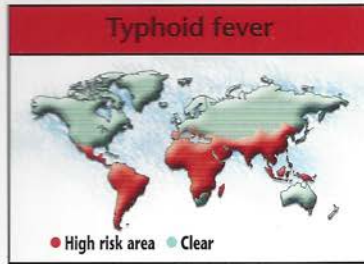
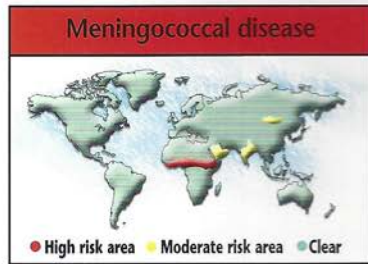
## What an infectious diseases specialist does

An infectious diseases specialist performs a thorough physical examination, and reviews the patient's medical history and data—results of tests of blood and urine, body fluids, cultures of wounds, X-rays, and laboratory reports. An ID specialist may provide the necessary insight into these tests that will be invaluable in diagnosing and understanding the infection and in preventing the infection from recurring. In the event of a rare infection or disease, an ID specialist may request that blood serum studies for antibodies be done to properly diagnose the patient's condition.

The main focus of an ID specialist's work is the diagnosis and treatment of infectious diseases, and does not involve surgery. Some ID specialists have branched out into the field of Travel Medicine, which entails giving useful health advice and information to travellers and providing the necessary immunizations and anti-malarial medications as preventative measures.



# Immunization guide for travellers





## We offer the following services

We provide the following list of services to travellers (business travellers, tourists, students, and backpackers), corporations (Canadian, US, and International), maritime and mining companies, non-government organizations, sports teams, missionaries, volunteers, and returning and long-term travellers.

- Pre-travel counselling, including medications and immunizations
- Post-travel consultations
- Infectious diseases consultations
- Tropical medicine consultations
- Refugee medicine
- Immigrants medicine
- Adoption medicine

**We provide all licensed vaccines at the Clinic.**

**We are a designated  
Yellow Fever Vaccination Centre**

Visit our Website:

**[www.healthytravelclinic.com](http://www.healthytravelclinic.com)**

for more information and advice on travel safety tips, infectious diseases and prevention, and vaccines and immunizations.

# The Golden Rule!

*Peel it, boil it, cook it,  
or forget about it!*

## Immunization Guide

### Vaccines For Adult Travellers

Criteria	Disease
<b>REQUIRED</b> For some destinations For pilgrims to Mecca during the hajj	Yellow Fever Meningococcal Disease
<b>ROUTINE</b> For all travellers	Tetanus & Diphtheria
<b>RECOMMENDED</b> According to risk	Poliomyelitis Meningococcal Disease Japanese Viral Encephalitis Influenza Rabies Hepatitis A Typhoid Yellow Fever
<b>OTHER CONSIDERATIONS</b> According to risk	Tuberculosis

Source: Adapted from *The Canadian Immunization Guide*

## Tips and general information

Here are some useful tips for eating and drinking safely during your travels.



- Drink only bottled carbonated water, soft drinks, and fruit juices; alcoholic beverages without ice; and hot beverages.
- Drink pasteurized, properly refrigerated milk.
- Eat fruits and vegetables that are freshly peeled or cooked.
- Eat foods that are well cooked, and served piping hot.
- Drink tap water or use ice cubes.



- Eat fruits that don't need peeling.
- Eat uncooked vegetables or salads.
- Eat undercooked or raw meat, fish or shellfish.
- Eat unpasteurized or unrefrigerated dairy products.
- Eat foods sold by street vendors.

**PREPARING FOR YOUR TRIP WITH A VACCINATION  
OR BY TAKING DRUGS TO PREVENT DISEASE ARE  
ALSO USEFUL WAYS TO PROTECT YOURSELF.**

Visit our updated website for more travel information on travel safety tips, infectious diseases and prevention, and vaccines and immunizations. You will find lists of several websites for more information on:

- updated reports on disease outbreaks
- travel health articles
- general health information articles
- tropical diseases
- consular offices and assistance for Canadians

**and much more!**

We are members in good  
standing of the following  
**professional organizations**

*The International Society of  
Travel Medicine*  
[www.istm.org](http://www.istm.org)

*The Canadian  
Public Health Association*  
[www.cpha.ca](http://www.cpha.ca)

*The American Society of  
Tropical Medicine and Hygiene*  
[www.astmh.org](http://www.astmh.org)

*The Society for Hospital Epidemiology  
of America (SHEA)*  
[www.shea-online.org](http://www.shea-online.org)

*The International Society  
for Infectious Diseases*  
[www.isid.org](http://www.isid.org)

*The Hospital Infection Society*  
[www.his.org.uk](http://www.his.org.uk)

*The Infectious Diseases  
Society of America*  
[www.idsociety.org](http://www.idsociety.org)

*The Wilderness Medical Society*  
[www.wms.org](http://www.wms.org)

*The Canadian Infectious  
Diseases Society*  
[www.cids.medical.org](http://www.cids.medical.org)

*The Society of Hospital Medicine*  
[www.naiponline.org](http://www.naiponline.org)

*The Community and Hospital Infection  
Control Association (Canada)*  
[www.chica.org](http://www.chica.org)

*The International Union Against  
Lung Diseases and Tuberculosis*  
[www.iauatl.org](http://www.iauatl.org)

*The Canadian Society for  
International Health*  
[www.csih.org](http://www.csih.org)

*IAMAT  
(International Association for  
Medical Assistance to Travellers)*  
[www.iamat.org](http://www.iamat.org)