

Where are travel health services provided?

Travel services are provided on clinic days from Community Health Services in the Northeast Healthplex in Tisdale.

What does it cost to use the International Travel Clinic?

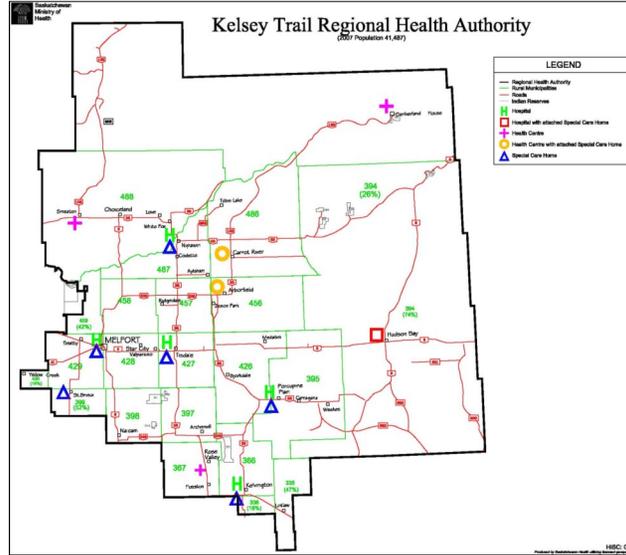
- ◆ Travelers will be charged the cost of each vaccine they receive.
- ◆ There is a prescription fee for travelers needing only anti-malarials.
- ◆ Limited appointments are available. Clients from outside the region are encouraged to seek services from the health region in which they reside.

For an appointment or more information call:

**Kelsey Trail Health Region
International Travel Clinic**

Northeast Healthplex
600 110th Avenue Tisdale

Phone: 306-873-3615



**The
International Travel Clinic
is a service of the
KELSEY TRAIL HEALTH
REGION**

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at 306-873-6600 or visit our website www.kelseytrailhealth.ca



Provincial Health Line—24 hour health advice

**KTHR Quality of Care Coordinator
1-877-573-6601**



**International
Travel
Clinic**



Healthy People in Healthy Communities

Your travel itinerary has been carefully planned and your flights are booked. You have purchased a new bathing suit and stocked up on sun tan lotion. Your checklist is almost complete, but have you given any thought to your travel health?

Travelers today are more adventurous, more willing to take risks and are often seeking exotic destinations.

If you are planning a trip outside of Canada, please ensure that you and your loved ones are protected. Remember, not only do you run the risk of contracting a disease while traveling; you can also bring the disease home to your family.



Why is there an International Travel Clinic?

The International Travel Clinic helps to protect the health of individuals while traveling out of country and upon their arrival back home.

Information and requirements for international travel change constantly. The Clinic receives up-to-date travel information on a regular basis about different travel destinations.

How does the International Travel Clinic help protect the health of travelers?

At your first appointment, a travel worksheet will be completed and you will be educated about risks related to the destination based on your itinerary and current information. You will be advised on immunization according to your history and current recommendations.

The Travel Nurse will review your charts and will consult with the Medical Health Officer as needed.

Advice for international travel depends upon:

- travel itinerary
- length of stay
- type of accommodations
- your state of health
- your purpose for traveling



How do I use the Clinic?

Start early! Planning is essential. Make your first appointment at least two months before departure. You may require several appointments. Certain vaccines can only be given at the larger centralized travel clinics (Regina, Saskatoon and Prince Albert) therefore plan early to allow ample time to complete your vaccination series.

Have the following information available:

- ⇒ a list of all the medications you take
- ⇒ immunization history
- ⇒ a list of all countries/cities through which you will be traveling and the order you will be traveling through them
- ⇒ dates of departure and return
- ⇒ type of travel (backpacking vs. resort) and activities planned

Credit or debit cards, cash or cheque are accepted.



The traveller who cannot arrange a travel consultation 6 to 8 weeks in advance is still encouraged to call for a travel consultation. However, due to short notice, this traveller may have to travel outside of the region for service. In addition, the time frame may not be adequate to provide all of the recommended vaccines.

