

## Health Promotion & Disease Prevention

- Health and travel risk assessment
- Food and water safety
- Insect precautions
- Malaria prevention
- Sun safety
- Altitude sickness
- Sexually transmitted diseases
- Motion sickness
- Personal safety
- Jetlag prevention
- Traveller's diarrhoea
- Travelling with children
- Travelling during pregnancy
- Referral for personal medical conditions

## Supplies

- Mosquito Nets
- Insect Repellents
- First Aid Kits
- Aqua Tabs
- Electrolyte Solution

## Travel Web Sites

- [www.iamat.org](http://www.iamat.org)
- [www.bccdc.ca](http://www.bccdc.ca)
- [www.TravelHealth.gc.ca](http://www.TravelHealth.gc.ca)
- [www.cdc.gov/travel/](http://www.cdc.gov/travel/)
- [www.voyage.gc.ca/](http://www.voyage.gc.ca/)
- [www.who.org](http://www.who.org)

For Appointments:

### Central Island

(local) **250-740-6948**

(long-distance) **1-866-533-3391**

#8-1599 Dufferin Crescent  
Nanaimo, BC V9S 5L5

### North Island

(local) **250-331-8571**

(long-distance) **1-877-233-3346**

961 England Avenue  
Courtenay, BC V9N 2N7

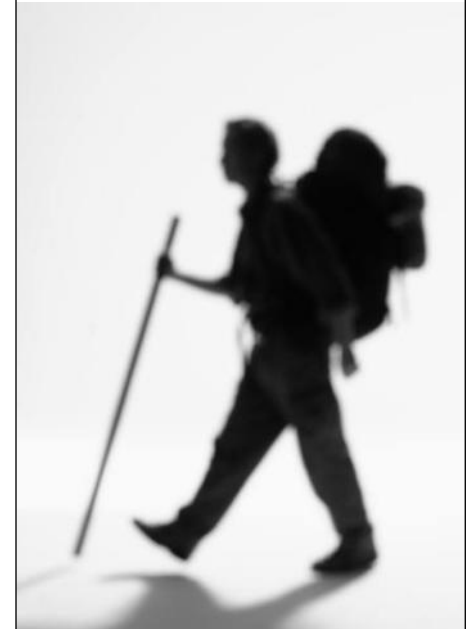
For more information, visit:

[www.viha.ca/mho/disease/travel\\_health](http://www.viha.ca/mho/disease/travel_health)



## Travel Health & Immunization Services

Health Risk Assessment  
Travel Risk Assessment  
Health Promotion  
Disease Prevention  
Immunizations  
Travel Supplies & Products



## Planning a Trip?



Are you traveling abroad for work, to visit family or for a vacation?

To improve your chances of staying healthy, visit the Travel Health & Immunization Services.

Public Health Nurses experienced in travel health concerns, communicable diseases and travel immunizations can provide important information and immunizations.

Recommendations are based on current information from Health Canada, World Health Organization and the Centres for Disease Control in B.C. and Atlanta, Georgia

Our staff continually receive the most current information from the Vancouver Travel Centre for Excellence.

## Clinic Information

Clinics are available in:

- Nanaimo
- Courtenay

Appointments are necessary. Clinics are closed Sundays and Mondays. For clinic days and times call:



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It is recommended you book at least 4-weeks in advance of your departure if possible, as some vaccinations may require a series of injections; however, if you are leaving on short notice we will vaccinate you appropriately.

Please bring a record of your previous immunizations.

There is a consult fee per person and group rates are available. It is also important to note that travel vaccines are not subsidized by the BC Government, therefore there will be a charge per vaccine.

The fees you pay cover the cost of vaccines and the clinic operation.

You will be provided with receipts as some extended health plans may offer coverage.

## Services (vaccines on-site)

- Hepatitis A
- Hepatitis B
- HPV (Gardasil)
- Influenza
- Japanese Encephalitis
- Measles/Mumps/Rubella
- Meningococcal (Menactra)
- Pneumococcal
- Polio
- Rabies
- Tetanus/Diphtheria
- Typhoid Fever
- Travellers' Diarrhoea/Cholera
- Yellow Fever
- Zostavax (shingles)