

# Upcoming events

## Travel Health

Are you ready for your trip?  
Travel tips for all your vacations needs.

**SAT May 13th  
2-3 PM**

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previously

## dealing with seasonal allergies

**SAT Apr 15th  
COMPLETED**

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slim  
into  
spring

**SAT Apr 22nd  
COMPLETED**

**REGISTER NOW!**

# Travel Health:

MAY 2017  
Health Issue

## Immunizations for Your Health Travel with Confidence



Planning to travel abroad with your family soon for that much needed vacation? It always seem like there is a laundry list of things to be completed before the vacation finally starts. Getting vaccinated for certain diseases are probably somewhere hidden on that list. It is important to make you and your family's well-beings a priority so you don't bring home more than just the souvenirs.

You may have heard that it is a good idea to get protection for certain infectious diseases when travelling, especially when going outside of North America. Immunizations are among the most important and effective ways to protect against travel-related infections. Some of the common serious infectious diseases preventable by vaccines include *cholera, encephalitis, hepatitis A and B, influenza, meningitis, rabies, typhoid, and yellow fever.*

It is important to make sure that your vaccinations are up-to-date before your trip. The vaccinations you need depends on the country you're travelling to. Injection-certified pharmacists can give vaccinations so come to talk to us about your travel plans. It is a good idea to look into vaccinations 8 weeks ahead of the travel date because some vaccinations require more than one vaccination over a few weeks. But many of them can keep you protected for years to come.