

# THINK **act** be healthy

Spring 2013



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**MHCSI** ♦

## Have a Healthy Trip

Canada is known for its cold winters. With spring still a few weeks away, many of us take the opportunity to escape the cold to visit a warm destination. As we plan for our getaway, we are not always aware of potential health risks while travelling abroad. The Public Health Agency of Canada recommends that travellers stay informed and take steps to help reduce their risk for illness.

### Recommendations

Consult a health care provider or visit a travel health clinic preferably six weeks before you travel to determine the need for vaccination and/or antimalarial medication and to obtain advice on precautions to reduce disease risks.

Sobeys Pharmacy has recently opened a certified Travel Wellness Clinic located in our Sobeys Mumford Road, Halifax location. This clinic is now open for all your travel needs, visit their website at [www.sobeyspharmacy.com/travel](http://www.sobeyspharmacy.com/travel) to learn more.

### Travel Tips:

- Bring a travel first aid kit and an adequate supply of your prescription medications.
- Follow safe food and water practices.
- Wash your hands frequently and use anti-bacterial hand sanitizer.
- Protect yourself from insect borne illnesses by choosing a good insect repellent containing 30% DEET.
- Always remember to stay safe in the sun, apply SPF 30+ UVA & UVB sun block and wear a hat and sunglasses at all times.
- Monitor your health: If you develop symptoms while travelling, or after you return to Canada, you should see a health care provider.



Sources: [www.phac-aspc.gc.ca/tmp-pmv/thn-csv/wt-vh-eng.php](http://www.phac-aspc.gc.ca/tmp-pmv/thn-csv/wt-vh-eng.php)

## Food for Thought...

## Sobeys Dietitians Have a World of Healthy Ideas for You

### Healthy Eating Abroad

A new destination can also mean new and different food choices. Food-borne and water-borne illnesses are sometimes called food poisoning, the stomach flu or travellers diarrhea. They are the most common cause of illness in travellers, generally caused by eating or drinking food or beverages contaminated by bacteria, parasites, or viruses. Being aware will ensure you and your family can make the most of your vacation.

- Only eat food that has been well cooked and is still hot when served. Avoid uncooked foods, especially shellfish and salads as well as foods served raw.
- Drink and use ice only from purified water that has been boiled or disinfected with chlorine or iodine, or commercially bottled water in sealed containers. Carbonated drinks, including beer, are usually safe.
- Brush your teeth with purified or bottled water.
- Avoid unpasteurized dairy products (milk & cheese).
- Avoid food from street vendors.



Your PROfile pharmacist is a great resource to help ensure you and your prescription medication are ready for travel and is always available to discuss your health concerns.

### Body & Mind

*Laughter is an instant vacation.*

~Milton Berle

[www.quote garden.com/vacations.html](http://www.quote garden.com/vacations.html)



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