

Travel Health Tips & Resources

Travel Health clinics – Hamilton area

* Travel Health is NOT covered by OHIP *

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Top Ten Tips for Safe Tropical Travel

1. Visit a travel clinic ASAP – book early, aim to visit at least 4-6wks before departure
2. Take your malaria prophylaxis as directed
3. Sleep in a mosquito net
4. Wash your hands!
5. Find out from your colleagues where to go for medical treatment if needed and get out of town if a serious problem arises
6. Don't recap needles!
7. Don't drink the water
8. Use personal protective equipment (PPE) as much as you can. Don't touch the rash!!!!
9. Be careful how you travel, especially at night.
10. If you wouldn't do it at home, don't do it there!

Packing Considerations

- ▶ Pack light!
- ▶ Donations/medical supplies
 - Take ONLY if requested/ discussed ahead of time
- ▶ For the wards:
 - Stethoscope
 - Penlight
 - Thermometer
 - Lab coat
 - Small notebook
 - Medical handbooks, formularies
 - Hand sanitizer
- ▶ Consider
 - Otoscope/ophthalmoscope
 - Portable BP cuff
 - Phrase book
 - Gifts for your hosts
 - Canadian photos
 - Camera
- ▶ Other:
 - Sterile gloves, N95 mask?
 - Formal clothing (shirt +/- tie for men, skirts for women)
 - Antimalarials and own meds
 - Small flashlight (blackouts!)
 - Travel alarm
 - Sunblock/mosquito repellent
 - Electrical converters
 - International cell phone
 - Money belt, alarm clock etc
 - Ziploc bags, snacks, etc
 - Teaching resources to share
 - US cash

Resources for International Electives in LMIC

Travel Health

- ▶ CDC Travel Health: www.cdc.gov/travel
- ▶ Public Health Agency of Canada Travel Health Program: www.phac-aspc.gc.ca/tmp-pmv/index-eng.php

Books:

- ▶ Oxford Handbook of Tropical Medicine (2008!)
- ▶ WHO guidelines including “WHO: Hospital care for children: Guidelines for the management of common illnesses with limited resources” if seeing children!

A few key articles and guidelines

- HIV
- TB
- Malaria
- Parasitic diseases
- Malnutrition

Websites of Interest

- ▶ General Information
 - Centre for Disease Control (CDC) www.cdc.gov
 - World Health Organization (WHO) www.who.int
 - World Food Program www.wfp.org/english
 - Integrated Management of Childhood Diseases (IMCI) www.who.int/child-adolescent-health/integr.htm
- ▶ United Nations Agencies
 - UNICEF www.unicef.org (State of the World’s Children annual report)
 - UN Millennium Development Goals www.un.org/millenniumgoals
 - UN High Commissioner for Refugees (UNHCR) www.unhcr.org
 - UN Joint Program on AIDS (UNAIDS) www.unaids.org
- ▶ NGOs/Experiences/Opportunities
 - Baylor AIDS Corps www.bayloraids.org (Many resources including: HIV curriculum)
 - Health Volunteers Overseas (HVO): www.hvousing.org
 - Save the Mothers (Dr. Jean Chamberlain, McMaster OB/GYN!): www.savethemothers.org
 - Medecins Sans Frontiers (MSF): www.msf.ca (No medical student/resident volunteer opportunities)
- ▶ Academic/Professional Associations
 - Global Health Education Consortium (GHEC) www.globalhealth-ec.org
 - Canadian Society for International Health (CSIH) www.csih.org
 - American Society for Tropical Medicine & Hygiene (ASTMH) www.astmh.org
 - World Medical Association www.wma.net/e/index.htm
 - Canadian Coalition for Global Health Research (CCGHR) www.ccgrr.ca

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