



## Warning

Fever, even after you have come back to Canada, can be caused by malaria. See a doctor immediately and let the doctor know which countries you visited.

### Be sure to consult a health professional before your trip!

- Travel Health Clinic
- Family doctor
- Pharmacist

### Protect yourself

- Get vaccinated
- Drink bottled water
- Eat only food that has been properly cooked
- Use mosquito repellent
- Use only medications purchased here



**Going home to visit?  
Protect yourself  
against serious  
diseases!**

Get informed

[healthytravelers.ca](https://healthytravelers.ca)

[travel.gc.ca/travelling/health-safety](https://travel.gc.ca/travelling/health-safety)

## So, you're planning a trip to your homeland?

### **Taking care of your health should be part of your preparations.**

Travellers who visit their family or friends in their country of origin are exposed to the same risks as the local population.

Natural protection against several serious diseases (including malaria) does not last a lifetime. When you return to your homeland, you may no longer be protected.

If you are travelling to visit your family in Africa, Latin America or Asia, you will be at a very real risk of exposure to one of the many tropical diseases present in these countries, that could make you seriously sick.



## If you're travelling with children

### **Be aware that they are at a greater risk of developing complications.**

Children need additional vaccines when they travel to their parents' country of origin. A number of tropical diseases are more frequent and more severe in children. In Quebec, almost 1 in 5 cases of malaria and half of typhoid cases occur in young people who have traveled to their parents' home country.

## Purchase your medications abroad?

### **Not a good idea**

Nearly 2 out of 3 medications purchased in developing countries can be counterfeit or ineffective. Be sure to bring your medications with you.

