



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

healthytravelers.ca

Québec 



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