

Ask the Pharmacist

Medicine while Traveling

Every year, millions of people travel across continents and as a result, diseases migrate as well. Needless to say, nobody intends to return with a foreign nurse in tow. So, you may want to talk to your local pharmacist about equipping yourself to keep problems at bay. Here are some tips.

Have a travel plan

Back to basics here - equip yourself with as much information as you can on the place you intend to travel to. What is the climate like? Is it located at high altitude? Is the water there generally safe to drink? Certain countries expect foreign travelers to show proof of vaccination prior to entering. It is your duty to find out all about it.

Call on the doc

Ideally, you should set up an appointment with your family doctor 4 - 6 weeks prior to traveling. Many types of vaccine take time to be effective. Also, certain vaccines must be administered over a period of days or sometimes weeks. No matter how last minute it may seem, do call on your doctor to get your shots or medications.



Take precaution

You can actually pack your very own "Travel Health Kit." Your kit should include basic items such as

- Your prescribed medication
- Sun block lotion
- Lip balm
- Antiseptic
- Plasters and basic dressings
- Painkillers
- Insect repellent
- Calamine lotion
- Oral re-hydration salt

Evaluate your current health condition

If you have any health problem, or if you are currently taking any medication you need to discuss your plans with your family doctor.

Special needs

- Infants and children have special needs that should be taken into account such as the correct dosage of vaccines or pills.
- Pregnant women should consult their gynecologist prior to traveling. **OH!**

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