



Safe Environments

Healthy Workers

STAYING SAFE ON, DURING, AND AFTER VACATION

If you research top travel destinations for Canadians, you will notice trends of new popular vacation spots. Destinations of travel are changing¹; more are opting for visiting famous spots in Latin America, Asia, Middle East, and Africa as opposed to an enclosed resort in a heavily explored island. This reflects love and curiosity for new places, but poses a risk of exposure to infectious diseases and other health and safety hazards. It's no reason to fear however, the threats are preventable. With proper precaution and planning, the risks can be controlled for. Let's talk about the before, during, and after of how to vacation safe.

KEY GUIDELINE YOU SHOULD FOLLOW WHEN TRAVELLING

Different countries may have different safety practices and regulations²



1. Eat foods that are fully cooked and served hot
2. Eat only fruits and vegetables that you can wash and peel yourself.
3. Eat and drink only dairy products that have been pasteurized.
4. Do not eat food from street vendors.
5. Drink beverages that have been bottled or sealed (water, carbonated drinks, or sports drinks). Do not put ice in drinks.

Read more to know about prevention measures you can take to explore new destinations but avoid infectious disease

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BEFORE

Depending on where you go, there may be some pre-travel preparations that you will have to do before entering a different country. It's a good idea to start planning as soon you make plans to go abroad. Go through the following suggestions to make sure you are considering your health and safety on your trip:

- Find out what traveler's health information including vaccinations and medication you will need based on the place of [destination](#).
- Schedule an appointment at a travel clinic for more information and administration of vaccines. You can search the nearest travel clinic by your postal code [here](#).
- Check the [Travel Advice and Advisories](#) to find out what hazards you need to be cautious of on your journey, where to go if you need assistance, as well as the laws and culture of your destination.
- Prepare your [Travel Health Kit](#)
- Consider how you would access medical care abroad in case of emergency and do not skip on [travel insurance](#)

DURING

If you are a traveler who is eager to experience new culture by trying out local foods, it is important to consider what foods and drinks are safe for consumption. The level of cautiousness will vary by destination, but the following guidelines from Centers of Disease Control and Prevention are key to avoid any foodborne illnesses when travelling to countries that may have different safety practices and regulations²:

- Eat foods that are fully cooked and served hot.
- Eat only fruits and vegetables that you can wash and peel yourself.
- Eat and drink only dairy products that have been pasteurized.
- Do not eat food from street vendors.
- Drink beverages that have been bottled or sealed (water, carbonated drinks, or sports drinks).
- Do not put ice in drinks.

AFTER

Protect those around you. You and your family are not the only people who may get affected by your travels. It is important to consider others' safety upon your return. Report and seek medical attention for any symptoms of an infection that have begun during or right after traveling abroad as to not put the health of your friends and coworkers at risk of infectious disease. When scheduling an appointment with your physician, mention the country you were travelling to. If you become ill while travelling and have not recovered by the time of your return flight, make it known to the flight attendant (or travel crew member)³.

Being cautious and taking care of your health will ensure that upon your return you will share great memories, not infectious diseases.

LINK TO OTHER RESOURCES

To learn more about specific disease <https://www.canada.ca/en/public-health/services/diseases.html>

Learn more about [food and water safety](#)

REFERENCES

¹ <https://wwwnc.cdc.gov/travel/yellowbook/2018/introduction/travel-epidemiology>

² <https://wwwnc.cdc.gov/travel/page/infectious-diseases>

³ <https://travel.gc.ca/returning/sick>

<https://www.cnn.com/2014/09/12/health/going-abroad-10-diseases/index.html>

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