



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Travel Health & Tropical Medicine Services

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Web: www.wrha.mb.ca

Dear student,

You have an exciting year ahead, as a participant in the “Outtatown” program with Canadian Mennonite University. You will have many things to do to prepare for your adventure, one of which we hope will be to protect your health while abroad.

Winnipeg Regional Health Authority (WRHA) Travel Health & Tropical Medicine Services provides health education, immunizations, and travel-related prescriptions (such as for malaria prevention) to international travellers to reduce the incidence of illness throughout your trip. If, upon return from your trip, you are experiencing any ongoing medical concerns, we also have Infectious Diseases and Tropical Medicine Specialists.

Hepatitis A and B, typhoid fever, and malaria are a few of the many diseases that may be a risk to you while in Guatemala or South Africa. It is strongly recommended that you see a travel health provider at least 6-8 weeks prior to your departure. We understand that the first part of your trip will be in western Canada from September to December. As you may not have the opportunity during that time, it would be prudent to see a travel health provider in the summer before your Outtatown year begins.

Students from Winnipeg and surrounding areas are welcome to call 940-TRIP (8747) to book their appointment. Please note that pre-travel health is not an insured service; there are fees for the appointment(s) and most vaccines. Manitoba Health covers post travel visits. For our complete price list, please see our web site. If you live outside of Winnipeg, you can access a list of travel health providers from across the country at www.TravelHealth.gc.ca. Click on “Information for Travellers”, followed by “Travel Clinics” to find this list.

Final Messages:

1. It's important to protect your health with disease-specific information and immunizations, prior to any international travel.
2. In Winnipeg, you can call **940-TRIP (8747)** for an appointment.
3. You can find a list of other travel health providers at www.TravelHealth.gc.ca
4. It would be ideal to **start your immunizations in the summer (June or July)**.

Enjoy your adventure!

Sincerely,

Dana Male, RN BN
Public Health Nurse

Certificate in Travel Health™
WRHA Travel Health and Tropical Medicine Services
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