



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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Dear student,

You have an exciting year ahead, as a participant in one of the three “Outtatown” programs with Canadian Mennonite University (CMU), where you will be travelling to Guatemala, South Africa or French Africa. You will have many things to do to prepare for your adventure, one of which will be to protect your health while abroad and upon return from your travels.

Winnipeg Regional Health Authority (WRHA) Travel Health & Tropical Medicine Services provides pre-travel health education, immunizations, and travel-related prescriptions to individual travellers prior to leaving on their trip, to reduce the incidence of illness throughout their trip. In addition, we offer post travel health services from Infectious Diseases and Tropical Medicine Specialists, for those individuals who are not feeling well upon return from their travels or for those who are experiencing any ongoing medical concerns. We encourage that you be seen if you have had any contact or exposures to infectious diseases, even if you are not currently symptomatic.

To properly prepare for your outtatown international experience, we strongly recommended that you see a travel health provider at least 6-8 weeks prior to your departure. Outtatown strongly suggests that you consult with a travel health provider during the summer months to ensure that you are prepared for the fall departure time. When assessing your risks for diseases while abroad, we recommend that all routine vaccinations are updated prior to leaving (i.e.; measles, mumps, rubella, tetanus, diphtheria, polio, influenza etc) as well as any recommended vaccines for your trip (i.e.; hepatitis A and B, typhoid fever etc), and any required vaccines that may be needed for certain countries (i.e.; yellow fever) in addition to an assessment around malaria risks.

Students from Winnipeg and surrounding areas are welcome to call 940-TRIP (8747) to book their appointment. Please note that pre-travel health services are not an insured service; there are fees for the appointment(s) and for most vaccines. Manitoba Health will cover the costs of post travel health services. For our complete price list, please visit our WRHA web site at <http://www.wrha.mb.ca/community/travel/services.php>

If you live outside of Winnipeg, you can also access a list of travel health providers from across the country at www.TravelHealth.gc.ca. Click on “Yellow Fever Vaccination Centers”, 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)** to book an appointment.
3. You can find a list of other travel health providers from across Canada at www.TravelHealth.gc.ca
4. It would be ideal to **start your immunizations in the summer months.**

Enjoy your adventure!

Sincerely,

Jacquie Shackel, RN BN
Coordinator, WRHA Travel Health and Tropical Medicine Services

Certificate in Travel Health™
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