



## CANADA

### ABOUT CANADA VACCINATIONS

Comprising nearly 10,000sq kilometres, Canada is the second largest country by land mass. Weather conditions vary by regions, with coastal areas offering milder climates, while in the north snow, ice or permafrost cover many parts of the country year-round. Inland provinces may experience cold, windy winters and hot summers.

#### OVERALL RISK

Low Risk - Preventable disease at similar rates to Australia. Consult a Travelvax clinic for your specific risk based on the information set out below.

#### MALARIA RISK

No risk to travellers.

### VACCINE PREVENTABLE DISEASES

#### YELLOW FEVER

No certificate required and no risk to travellers.

#### HEPATITIS A

Low risk.

#### HEPATITIS B

Low presence of Hepatitis B in local population, discuss whether vaccination would be recommended with a medical practitioner. Vaccination is recommended for specific high-risk travellers (sport/adventure/occupational/sexual). Consult a medical practitioner for your specific risk.

#### TYPHOID

Low risk for most travellers. Consult a medical practitioner for your specific risk.

#### INFLUENZA

Northern hemisphere winter risk (November to April). Most common vaccine preventable illness in travellers. Vaccine recommended, effective for 1 year.

## **RABIES**

Disease present. Recommendation for vaccination will depend on specific itinerary and activities planned. Generally rabies vaccination is advised for high risk individuals such as veterinarians or animal handlers, cavers. Additionally for higher risk travellers who plan: extended periods outdoors, rural travel, adventurous activities including bicycling; also expats or long-term travellers to endemic regions and children (risk of more severe or risk-prone bites and may not report contact at all).

## **JAPANESE ENCEPHALITIS**

No risk to travellers.

## **POLIO**

No risk to travellers.

## **TICKBORNE ENCEPHALITIS**

No risk to travellers.

## **MENINGOCOCCAL MENINGITIS**

Low risk to travellers.

## **CHOLERA**

No risk to travellers.

## **OTHER DISEASES**

### **TRAVELLERS DIARRHOEA**

No risk to travellers.

### **INSECT-BORNE DISEASES**

Low risk to travellers.

### **SCHISTOSOMIASIS**

No risk to travellers.

### **STIs**

Low incidence of sexually transmitted and blood-borne diseases. Safe sex and needle precautions should be followed by all travellers.

### **ALTITUDE**

Altitude illness is a risk to travellers ascending higher than 2000 meters. Preventative medication is available. Consult a medical practitioner if ascending to 2000 metres or above.

## **ADDITIONAL INFORMATION**

### **PERSONAL SAFETY**

In order to check before and during travel for any high-risk areas visit the Smartraveller website. Avoid unnecessary displays of wealth or valuables and minimise the amounts of cash carried. Keep secure records of passport/credit card/licence numbers. For more safety tips visit: [www.smartraveller.gov.au](http://www.smartraveller.gov.au).

## **MEDICAL CARE**

Comprehensive medical facilities accessible throughout the country. Check for any contacts supplied by your emergency assistance organisation (nominated by your travel insurer) or with IAMAT (International Association of Medical Assistance for Travellers).

## **FIRST AID KITS & ACCESSORIES**

Carry a basic [first aid kit](#), customised to your activities. For longer stays consider a needle and syringe pack and medication for travellers diarrhoea.

**More information on Canada is available during your pre-travel consultation with Travelvax.  
Call 1300 360 164 for the location of the clinic nearest to you.**