

# Things to consider when travelling



First Nations Health Authority  
Health through wellness

**Measles is on the move. Stay one step ahead with protection.**



## Check Your Immunizations

- Review your records on [Health Gateway](#).
- Missing records? Check with the provider where you received immunizations.



## Know the Public Health Situation

- Before you travel, check for any disease outbreaks or health risks at your destination.

### Within Canada

- [BC Measles Exposures](#)
- [Alberta Measles Exposures](#)



## Take Precautions

- Wash your hands often.
- Avoid contact with people who are sick.
- If you are immunocompromised, follow advice from your health care provider

## Catch-up on Immunizations

Visit your CHN, Public Health Unit or pharmacist.

If you are travelling outside of Canada, you should visit a travel clinic.



**The journey may be behind you, but prevention is ongoing.**



## When you Return Home

Protect the health of your family and friends by ensuring you are well when you visit those who are not able to be vaccinated, or who may be immunocompromised.

## Questions?

Insert local health centre/nursing station info here: