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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 55 YEARS.

Safety Tips for Travelling

Vacations are a great way to reduce stress and have fun, but it's important to always be prepared for the unexpected. Whether you're on vacation or on a work trip, taking extra precautions before you leave can help you deal with unexpected emergencies.

For travel within Canada:

- If you're travelling to a remote area with no access to 911 emergency services, make sure you write down the phone numbers for the nearest hospital, police station, fire station, and Poison Control Centre. Keep the numbers next to your phone, or store it in your cell phone's address book.
- If you're staying in a hotel, the front desk may help you contact a doctor, if needed.
- Most major airports have medical staff on duty.

For travel outside the country:

- The Public Health Agency of Canada recommends that all travellers contact their doctor or travel health clinic at least six weeks before departure (preferably more) to find out what vaccines are recommended, since vaccinations take some time to work effectively.
- If you're not feeling well before the trip, consider postponing your departure, if possible.
- Arrange for travel health insurance in case you become ill or you receive an injury while you are on your trip.
- When travelling with prescription drugs, make sure you carry a note of explanation from your doctor along with a copy of the prescription. Also, keep the medication in its original container labelled with your full legal name as it appears on your passport. Some medications and herbal supplements that are legal in Canada are illegal elsewhere; to avoid any hassles, make sure you check with the embassy of your destination country.
- Check with your airline about security restrictions concerning syringes, lancets, and other medical supplies.

No matter where you're going, it is wise to take a travel first aid kit with you. The items in your travel kit will differ somewhat from what is in your at-home first aid kit.

Some items to consider include:

- Over-the-counter medicines for diarrhea, constipation, allergies, motion sickness, indigestion
- Pain relievers such as acetaminophen, ibuprofen, naproxen, and ASA
- Antibacterial ointments
- Sunscreen
- Aloe Vera gel or lotion
- Condoms for safe sex
- Adhesive bandages
- Triangular bandages
- Gauze pads of various sizes
- Waterproof tape
- Moleskin for blisters
- Insect repellent
- Hand sanitizers
- Thermometer
- Tweezers
- Scissors



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