

# Importance of Protecting Your Family while Travelling



**Dr. Brian Aw**  
of the International Travel  
Clinic in Richmond Hill,  
Ontario

Canadians make more than 100 million trips each year and can be at risk of contracting diseases if not educated and prepared beforehand. The most common complaint, which affects 50% of travellers, is Travellers' Diarrhea. It is wise to find out what diseases are prevalent in your destination and take precaution.

Dr. Aw recommends that travellers take a preventative approach to their vacation. "There's a vaccine available for travellers' diarrhea called Dukoral; it's an oral vaccine and two doses taken a week apart can prevent something we have all heard about called enterotoxigenic *E. Coli*."

To view this informative program  
"Importance of Protecting Your Family  
while Travelling" with Dr. Aw, visit:

[www.celebratingwomentv.ca](http://www.celebratingwomentv.ca)  
& [www.healthandfamily.ca](http://www.healthandfamily.ca)

For more information about how  
to prevent travellers' diarrhea,  
go to: [dukoralcanada.com](http://dukoralcanada.com)

You can find more information about  
Travel Health at:

[www.istm.org](http://www.istm.org) | [www.health.gc.ca](http://www.health.gc.ca)

## Ways to Minimize your Risk:

- ▶ Visit a travel clinic 6-8 weeks before your trip to get the appropriate medication or vaccinations
- ▶ Only drink bottled water while travelling
- ▶ Wash your hands often with soap or sanitizer
- ▶ Stay hydrated! Especially if you get traveller's diarrhea





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This program is part of our Canadian Health & Family series.  
Our goal is to help people like you make more informed choices  
when it comes to managing your health.

If you have any non-medical questions or comments,  
email [info@cegedu.com](mailto:info@cegedu.com).