

## Frequently Asked Questions

### Are travel medicine consultations covered by OHIP?

Travel outside of Canada is considered voluntary, and as such, is not covered by your publicly funded health insurance. If you have private insurance, we recommend that you submit your receipts to be assessed for reimbursement. Coverage will depend on your individual policy.

### How much does it cost?

Travel medicine service fees vary depending on the number of patients seen (individual versus family) and also vary per vaccine type. Visit our Patient Resources page to view our full price list for travel medicine services.

### Do I need a referral?

No. If you are planning on travelling outside of Canada, you should be assessed by a physician, no referral is necessary. You can book an appointment through your Patient Portal, over the phone or in person at one of our locations.

Learn more about our Travel Medicine Program and find additional FAQs at [AppletreeMedicalGroup.com](http://AppletreeMedicalGroup.com).



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### Book Your Consultation Today


Travel medicine services are available by appointment only.




**AppletreeMedicalGroup.com**



**Travel  
Medicine**

Book by Phone 

Book Online Via our Patient Portal 

**What You Need to Know  
about Travel Medicine**

# Travel Medicine

## Routine Immunizations

Speak with your physician to ensure that you are up to date on all of your routine immunizations, including:

- Tetanus/diphtheria
- Pertussis
- Influenza (flu)
- Measles/mumps/rubella
- Polio
- Pneumococcal (pneumonia)
- Herpes zoster (shingles)
- Human Papillomavirus (HPV)

## Recommended Immunizations

There are many vaccine-preventable diseases that can be encountered while travelling abroad.

- Hepatitis A and/or B
- Typhoid fever
- Meningococcal (meningitis)
- Cholera/traveler's diarrhoea
- Japanese encephalitis
- Pneumococcal (pneumonia)
- Rabies

## Malaria Prophylaxis

Malaria is endemic in many parts of the world and causes approximately one million deaths annually. Malaria prevention combines personal protective measures and medications. Personal protection includes measures such as clothing consisting of pants and long-sleeved shirts, and bed nets to prevent mosquito bites. If malaria medications are needed, your doctor will provide you with a prescription that can be filled at the pharmacy prior to your trip.

## Food and Water Precautions

Traveler's diarrhea is one of the most common illnesses experienced by those travelling outside of Canada. Contaminated food or water is the most common source of this illness, and proper precautions play a large role in keeping you healthy during your trip.

Tap water should be avoided. Drinks from cans or bottles and hot drinks such as tea are usually safe options for drinking. Fruits and vegetables should be washed in a clean water source, and/or peeled prior to eating. Leafy vegetables such as lettuce should be avoided, as they are harder to clean. Meat should be well cooked, and any food brought to the table should still be hot from cooking. Shellfish is one of the most common sources of illness, and should be avoided.

## What to Expect



### Book Your Appointment

Travel medicine services are available by appointment at many Appletree Medical Centres and Appletree Telemedicine clinics.



### During the Appointment

Your physician will review your itinerary, planned activities and the length of time of your stay to determine which vaccines and medications are recommended. All vaccines are stored on site for your convenience.



### After Your Appointment

We will provide you with online access to your vaccination record, through your secure and confidential Patient Portal account.

## Receive Your Travel Medicine Consultation



✓ In-Clinic



✓ Telemedicine

