Health Information for Travelers to Canada Traveler View

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**On This Page**

* [Vaccines and Medicines](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada#vaccines-and-medicines)
* [Stay Healthy and Safe](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada#stay-healthy-and-safe)
* [Healthy Travel Packing List](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada#packing-list-description)
* [Travel Health Notices](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada#travel-notices)
* [After Your Trip](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada#after-your-trip)

[**Clinician View**](https://wwwnc.cdc.gov/travel/destinations/clinician/none/canada)

[Hide](javascript:void(0);)

Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

|  | **Find Out Why** | **Protect Yourself** |
| --- | --- | --- |
| **All travelers**  You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel. | | |
| [Routine vaccines](https://wwwnc.cdc.gov/travel/diseases/routine) | Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. | get_vaccinated hygiene |
| **Some travelers**  Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US. | | |
| [Hepatitis A](https://wwwnc.cdc.gov/travel/diseases/hepatitis-a) | Hepatitis A outbreaks occur throughout the world and sometimes in countries with a low risk for hepatitis A (including the US). You can get hepatitis A through contaminated food or water in Canada, so talk to your doctor to see if the hepatitis A vaccine is right for you. | get_vaccinated eat_drink |
| [Hepatitis B](https://wwwnc.cdc.gov/travel/diseases/hepatitis-b) | You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. | get_vaccinated avoid_body_fluids avoid-non-sterile-equipment |
| [Rabies](https://wwwnc.cdc.gov/travel/diseases/rabies) | Although rabies can be found in bats and other mammals in Canada, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:   * Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites or other animal bites (such as adventure travel and caving). * People who will be working with or around animals (such as wildlife professionals and researchers). | get_vaccinated animals |

Key

* Get vaccinated
* Eat and drink safely
* Keep away from animals
* Reduce your exposure to germs
* Avoid sharing body fluids
* Avoid non-sterile medical or cosmetic equipment

[Top](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada)

[Hide](javascript:void(0);)

Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Canada, so your behaviors are important.

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Eat and drink safely

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Prevent bug bites

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Stay safe outdoors

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Keep away from animals

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Reduce your exposure to germs

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Avoid sharing body fluids

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Know how to get medical care while traveling

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Select safe transportation

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Maintain personal security

[Top](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada)

[Hide](javascript:void(0);)

Healthy Travel Packing List

Use the [Healthy Travel Packing List for Canada](https://wwwnc.cdc.gov/travel/destinations/canada/traveler/packing-list) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

Why does CDC recommend packing these health-related items?

It’s best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

[Top](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada)

[Hide](javascript:void(0);)

Travel Health Notices

There are no notices currently in effect for Canada.

[Top](https://wwwnc.cdc.gov/travel/destinations/traveler/none/canada)

[Hide](javascript:void(0);)

After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](https://wwwnc.cdc.gov/travel/page/find-clinic). Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](https://wwwnc.cdc.gov/travel/page/getting-sick-after-travel).