

Travel Medicine Advisory
Montreal, Quebec
February 5 – 9, 2026

September 2025

Dear Parents/Guardians:

This Travel Medicine Advisory is issued by the Chen Health and Wellness Center to alert you to some important medical issues as you plan for your child's trip to Montreal, Quebec during the Long Winter Weekend.

For this trip to Montreal Quebec, we recommend your child should:

- *Be up to date on all of their routine childhood immunizations*
- *Receive Hepatitis A vaccine and/or appropriate boosters, if they have not already received them.*
- *Receive annual influenza vaccine, if not already received.*
- *Receive and be [Up-to-date in regards to COVID-19](#) vaccination and boosters.*
- *Practice [good hand hygiene](#) and wash their hands or use hand sanitizer on a regular basis.*
- *[Protect themselves from bug bites](#) (mosquitos, ticks, and fleas)*
 - *Appropriately use an EPA-approved insect repellent such as DEET (15%-30%) or Picardin (5%-10%).*
 - *Wear long sleeve shirts, pants and a hat when possible. Consider permethrin treated clothing.*
 - *Be extra vigilant during dawn and dusk when mosquitos and other insects are more prone to bite.*
 - *Check the body for ticks at the end of every day.*
 - *Shower daily, thoroughly and soon after walking in any wooded, bushy or grassy areas.*
 - *Stay in the center of hiking trails. Avoid high grass and bushes.*
- *[Protect themselves from sun exposure](#) by appropriately using sunscreen (≥ 30 SPF) and, when possible, wearing long sleeves and a hat.*
- *Avoid contact with any animal or wildlife (including domesticated pets) unless directly supervised by a trip chaperone.*
- *Not swim in any body of water unless approved to do so by their trip leader.*
- *Always be aware of their surroundings and reach out to a trip leader if they notice anything suspicious or askew.*

Despite the use of vaccines and the above practices to reduce risk of disease, please be aware there is still a risk of acquiring serious illness or disease while on this trip. Please feel free to reach out to our office with any questions or concerns.

We will update any needed immunizations during the months prior to the trip's departure. Additionally, Ms. Cara Soifer, the nurse practitioner, or I will meet with any students with significant medical problems, medications or allergies in preparation for the trip. If vaccines are needed, charges will be billed to your child's student account. Medication will be billed to your child's health insurance, though coverage may vary.

If you want to schedule an appointment with your child's PCP to receive immunizations or travel advice, please do so during an upcoming break.

Please complete and sign the enclosed Travel Health Questionnaire by November 24, 2025

Please feel free to contact me with any questions or concerns you may have regarding this advisory.

Sincerely,

A handwritten signature in cursive script that reads "Bryant E. Benson MD".

Bryant E. Benson, MD
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