

occur and you end up in hospital, the cruise ship won't necessarily take care of you and may even leave without you.

Seasickness or motion sickness affects some cruise passengers. Your health care provider or travel health clinic can discuss options to reduce the symptoms.

Outbreaks of communicable diseases, such as influenza or viral gastrointestinal illness (diarrhea and vomiting), have occurred on cruise ships due to the close contact among passengers. Vaccination is the best form of protection against influenza. Another important thing you can do to protect yourself from communicable disease, whether aboard ship or ashore, is to wash your hands well and frequently.



Business travel

Working in a foreign environment, often under time constraints, can make for a stress-filled stay, putting you at greater risk for illness. If you travel frequently, it's wise to arrange for regular medical checkups and a pre-travel health assessment before your next assignment. If you intend to take a side trip, ensure that your pre-travel assessment takes this into consideration.

Mental health and travel

International travel can suddenly uproot you from familiar surroundings, which can lead to mental and physical stress. Travel can also intensify pre-existing psychiatric conditions or provoke psychological crises because of feelings of uncertainty or anxiety about unfamiliar places. As well, unpleasant or frightening experiences can be more difficult to cope with while travelling because you're removed from your usual support systems.