

● Drinking the Water

Unless you have been assured by your travel health advisor that the water is safe to drink, there are precautions you should take, such as brushing your teeth using water that is purified or bottled, and drinking only commercially bottled beverages.

● Should I Avoid Foreign Foods?

Consuming the local cuisine is a great part of the appeal of travelling. However, you may want to take precautions. Among them: eat food that is piping hot and well-cooked; eat uncooked vegetables and fruits only if washed in purified water or peeled yourself.

● Other Things to Know

Certain activities could put you at higher risk for contracting an illness when abroad and should be avoided. For example, receiving injections, having skin-piercing procedures (tattooing or acupuncture) or unprotected sex, accepting blood products for non-life-threatening situations and swimming in fresh water.

Upon your return, if you have any health problems (such as fever or persistent diarrhea), you should see your doctor. And, if you develop flu-like symptoms within one year of returning home, see your doctor and request a blood test to rule out malaria.

Whether travelling for business or pleasure, be sure to include health precautions as part of your pre-travel planning! Staying healthy while travelling will help ensure a successful trip.

● Sources of information:

Canadian Society for International Health
1 (613) 241-5785

Health Canada Web Site
<http://www.hwc.ca/hpb/lcdc>

Health Canada FAXlink
1 (613) 941-3900
(using handset of a fax machine)

Department of Foreign Affairs and
International Trade
1 (800) 267-8376 or their Web Site at
<http://www.dfait-maeci.gc.ca>

The following is a list of major travel clinics that you may wish to contact for more information on healthy travel.

Clinique Santé-Voyage

CLSC Samuel-de-Champlain
2499, rue Saint-Georges
Bureau 200
Lemoyne, Québec J4R 2T4
Tel: (450) 466-6084
Fax: (450) 466-2283

Centre de Médecine de Voyage du Québec

1001, rue Saint-Denis, 6e étage
Montréal, Québec H2X 3H9
Tel: (514) 281-3295
Fax: (514) 281-3296
tesd@generation.net

Clinique du Voyageur

3200 Tashereau,
Greenfield Park, Québec
Tel: (450) 672-6728
Fax: (450) 671-5523

1374 Mont-Royal est,
Montréal, Québec
Tel: (514) 521-0630
Fax: (514) 521-0951

40 Place du Commerce
Île des Soeurs, Québec
Tel: (514) 769-1099
Fax: (514) 769-2873

Clinique Santé Voyage de Montréal

Pavillon Rosemont
5689, boul. Rosemont
Montréal, Québec H1T 2H1
Tel: (514) 252-3890
Fax: (514) 252-3854

Clinique Santé-Voyage de Laval

300, boul. de la Concorde Est
Laval, Québec H7G 2E6
Tel: (450) 629-1120
csvl@clinsantevoyagelav.qc.ca

Capital Health Travellers' Health Services

10320 - 100 Street
Edmonton, Alberta T5J 0R3
Tel: (780) 413-5745
Fax: (780) 420-0483
www.cha.ab.ca/travellers

2 Brower Drive
Sherwood Park, Alberta T8H 1V4
Tel: (780) 467-5571

4210 - 48 Street
Leduc, Alberta T9E 5Z3
Tel: (780) 980-4644

Foothills Hospital International Travel Clinic

3330 Hospital Drive N.W.
Calgary, Alberta T2N 4N1
Tel: (403) 670-4450
Fax: (403) 270-7307

consulate in Canada can advise you of the requirements. You can also check the Travel Reports for the countries you intend to visit in the Travel section of the DFAIT Web site (<http://www.dfait-maeci.gc.ca>) or call DFAIT's Consular Affairs Bureau at 1-800-267-6788 (in Canada) or (613) 944-6788.

Apply for visas well in advance of your trip.

When you arrive at your destination, be prepared to prove that you have enough money to support yourself during your stay.

Be aware of the rules and restrictions governing visas and your length of stay. This knowledge can save you both time and money.

Some countries will allow you to enter only if you can prove you will be leaving. Be prepared to show your return or onward ticket or any visas that demonstrate you plan to visit another country.

Schengen Convention Countries

Austria, Belgium, France, Germany, Greece, Italy, Luxembourg, the Netherlands, Portugal and Spain have implemented the Schengen Convention, which abolishes permanent border controls between

them, except in the case of Greece, and sets out rules governing the movement of foreigners within their territory. Denmark, Finland, Iceland, Norway and Sweden have also signed the Schengen Convention, but have not yet implemented it. If you would like information about the entry requirements for Schengen countries, please contact their embassies or consulates in Canada **before** your departure.

Charter Flights

Before you book a charter flight to your destination, check the credentials of both the travel agency and the charter company with either the Better Business Bureau or a local consumer advisory organization.

Dual Nationality

To avoid unpleasant surprises, find out whether you, your spouse or any other family member is a citizen of another country. If you are considered a national, you may be compelled to do military service or pay special taxes.

If you do run into problems because of your dual nationality, contact the nearest Canadian mission immediately.