

diately — in the case of yellow-fever, for example, it begins 10 days after the date of vaccination — so this is not a matter that can be left to the last minute.

Particularly if you are undertaking a long tour, you are advised to consult with a health official or your doctor about other sensible precautions that you can take to minimize the risk of illness while you are abroad. Additional protection against hepatitis, typhoid, tetanus, poliomyelitis and diphtheria will often be recommended as well as medication to protect you against malaria if you are travelling to an area where the transmission of that disease occurs.

The more protection you decide to obtain on behalf of your organization the more time you will have to allow for the establishment of satisfactory immunity. This procedure should be started six to eight weeks prior to the start of your tour. If, for any reason, a required vaccination is contraindicated because of the medical condition of any of your members, you must have a letter from a doctor clearly stating the reasons for the exemption from inoculation for presentation to the quarantine officials in the countries you are going to visit.

The International Certificates of Vaccination, once signed by the doctor responsible for the inoculations and validated by the official stamp of the authority issuing the certificate, must be carried and available for inspection at each border crossing. Such documentation should never be packed in personal luggage. Some company managers have been known to check that all travel documents are in the personal possession of each travelling member *before* the baggage is checked in at an airport at the beginning of a trip.

Health and Welfare Canada publishes three helpful pamphlets, "Staying Healthy in Warm Climates," "Immunization — A Guide for International Travellers," and "Malaria Risk Countries — Quick Reference". They are available free of charge from most immunization clinics or by writ-

ing to the Medical Services Branch, Health and Welfare Canada, Ottawa K1A 0L3.

## HEALTH INSURANCE

The protection that inoculations can bring does not offer you a cast-iron insurance that your tour is going to be free from illness — or injury, for that matter. As medical assistance abroad can be very costly, it is essential that you take out medical insurance on behalf of all your travelling personnel.

Group insurance will be available to you at remarkably low cost as most provinces have developed a travel plan in association with Blue Cross.

If an injury occurs while you are going about your business overseas, remember that your organization will almost certainly be covered by the same Workmen's Compensation regulations that apply in Canada providing that your organization is a participating employer.

Under all circumstances, however, you must ensure that you can justify any claim by having the proper documents duly signed by the attending physicians if the worst does happen. You can obtain all the forms and information you need in Canada prior to departure.