

paperwork. You can also receive information by fax by dialling (613) 941-3900 from the handset of your fax machine and following the instructions.

When travelling, take all the same precautions you do at home. Do not assume that condoms will be readily available. Even if they are, they may not meet the safety standards set by the World Health Organization.

Remember: Using intravenous drugs is not only illegal but extremely risky — especially if you share needles.

Medication

If you take medication, be sure to pack an extra supply just in case you're away for longer than expected. Carrying a duplicate of your original prescription is highly recommended — especially when travelling to countries that are particularly sensitive about drugs. Also, carry an extra prescription that lists both the generic and trade names of the drug, just in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses — having an extra prescription makes them easier to replace.

Do not try to save luggage space by combining medications into a single container. Keep all medications in the original, labelled container to avoid problems.

Find out whether your medication is sold in the country you are visiting. Also check to see that it is legal — some over-the-counter medications in Canada are illegal in other countries or require a prescription. Obtaining a note from your doctor that states the medical reasons for your prescription and recommended dosage as required is also encouraged.

If you need syringes for a medical condition such as diabetes, it is very important that you take along an appropriate supply. As well, you should carry a medical certificate that shows they are for medical use.

Pregnancy

If you are pregnant, talk to your doctor if you plan to travel abroad. Some vaccinations may not be recommended. Also,

check your travel and health insurance plans carefully to ensure they cover health complications arising from pregnancy.

Upon Your Return

If you have been ill while abroad or become ill upon return, contact your doctor immediately. Be able to provide your physician with the specifics of any treatment you received while you were away.

If you have a fever or a flu-like illness upon your return see your physician as soon as possible, especially if you've just returned from an area where malaria is common. You can help your doctor by telling him/her the countries you visited.

Supplemental Health Insurance Is Crucial

Don't rely on your provincial health plan to pick up the tab if you get sick or are injured while you're abroad. At best, your health plan will cover only a portion of the bill. **It's your responsibility to obtain and understand the terms of your supplementary insurance policies.** Some credit cards offer their holders health and travel insurance. Don't assume it provides adequate coverage by itself.

Be sure to ask whether or not your policy:

- ❖ Has an in-house worldwide emergency hotline you can call if you're in trouble. Check to see if it is open 24 hours a day, seven days a week; whether the operators are multilingual; and if nurses or physicians are on-staff.
- ❖ Pays foreign hospital and related medical costs, and if so, whether it pays "up front" or expects you to pay and be reimbursed later.
- ❖ Provides for your medical evacuation to Canada.
- ❖ Pays for any required medical escort (doctor/nurse) to accompany you back to Canada.
- ❖ Excludes pre-existing medical conditions. If such conditions exist, notify your insurance company and get