


Consider joining the International Association for Medical Assistance to Travellers (IAMAT). This non-profit organization provides information on immunization requirements, health and climatic conditions, tropical diseases, food and water sanitation, and a list of English-speaking physicians around the world.

Do not leave Canada without adequate health and travel insurance. Review your policy thoroughly so you know exactly what is covered. For example, does your policy include a worldwide emergency hotline that operates 24 hours a day, seven days a week? Does it pay foreign hospital and related medical costs? If so, does it pay up-front or expect you to pay and be reimbursed later? Does it provide for medical evacuation to Canada or the nearest location with appropriate medical care? Does it cover premature births and related neonatal care? Carry proof of your insurance coverage with you.



"Every year, new women travellers set out on adventures great and small. Their medical needs are unique, and they require health advice adapted to their own situation, whether it involves vaccinations, disease prevention or a temporary halt in menstruation. Through a complete travel-health consultation, preventive measures may be implemented and fears and misconceptions laid to rest."

*Dr. Dominique Tessier, MD,  
CCFP, FCFP, Medical  
Director, Medisys Travel  
Health Clinics*

When travelling in Asia, it is a good idea to carry your own chopsticks. Dishwashing facilities are not always adequate to kill bacteria.