

prescription that lists both the generic and trade names of the drug, in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses – having the prescription makes it easier to replace them.

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 the recommended dosage is also encouraged. Note that doctors recommend carrying an effective antidiarrheal agent (such as Imodium®) because such treatments may not be available at your destination.

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.

If you have a pre-existing medical condition that could present a problem while you are travelling, it is wise to wear a MedicAlert® bracelet. Through the MedicAlert® Foundation, your vital medical facts become part of a database that can be accessed 24 hours a day from anywhere in the world. Call 1-800-825-3785 for membership information or visit the MedicAlert® Web site (<http://www.medicalert.ca>).

Pregnancy

If you are pregnant and plan to travel abroad, talk to your doctor. Some vaccinations may not be recommended. Also, check your travel and health insurance plans carefully to ensure they cover health complications arising from pregnancy.

On Your Return

If you should become sick or feel unwell when you return to Canada, see your doctor. Inform the doctor, without being asked, that you have been travelling or living outside Canada, and where. Likewise, if you were ill while travelling, see your doctor on your return and explain your travel history and any treatment you received.

ATTENTION

Working anywhere outside Canada without the right insurance is risky.

Telfer International, with over 30 years' experience insures Canadians working anywhere outside of Canada, including the U.S. We provide complete, medical coverage including occupational and war risk.

Contact us and we will be pleased to outline our protection's strength and versatility.

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