

the costs associated with attendance are not always provided at public expense. Some typical examples where the expenses for a family member to escort the patient may be approved are:

1. For a parent to accompany his/her very young child where the child will be undergoing treatment;
2. For a very young child who, by reason of dependence, is obliged to accompany his/her parent when the parent will be undergoing treatment;
3. For a husband to be present at the birth of his child where health care travel has been authorized for his wife. (Living expenses are payable for a maximum of five days only.)

When expenses for an escort cannot be approved under FSD 41, an alternative for your consideration might be to use the "trade-in" option provided by FSD 45.

### 5.3 Health Risks

While health risks differ from mission to mission, here are some preventive measures which may be useful in your locality (mainly tropical missions):

#### Malaria

It is possible you may be on prophylactic treatment to prevent the occurrence of this disease. Unfortunately, as new strains of malaria are becoming increasingly resistant to drugs, great caution is imposed. Consult your local physician or the area Employment and Immigration doctor responsible for the mission, for up-to-date advice based on any changes in the incidence of this disease or the effectiveness of available drugs. One must also take appropriate measures to reduce exposure to mosquito bites, for example, nets, repellents, protective clothing etc. Malaria can be a dangerous disease. Take the prescribed prophylaxis faithfully. Seek medical advice immediately if fever and chills develop. Should these occur upon return to Canada tell your doctor that you came from an endemic area.

#### Tuberculosis

More frequent chest X-rays may be indicated in locations where there is higher incidence of TB than in Canada. Any expenses and leave required for that purpose are covered under FSD 38.

#### Water

Unless you are certain that water is potable, you should treat it chemically or boil it at least 10 minutes. Hot water from taps can still contain dangerous bacteria which have not been killed by the heating, if the temperature is not high enough. However, teeth may be brushed using this hot water.

#### Food and Beverages

Most infections can be avoided if food is well-cooked and eaten hot. Raw fruits should be eaten only when they have unbroken skins and they are properly washed and peeled. Raw vegetables and salads should be avoided, as they are often contaminated with protozoan cysts or worm eggs. Scrubbing of green leafy vegetables and soaking them in suitable iodine or chlorine solutions, then rinsing in previously boiled water, should eliminate most parasites. Unless dairy products are known to be hygienically prepared and properly refrigerated, they should be avoided. Even when refrigerated, however, custards, cream pastries, potato salads and shellfish should be suspect as they are excellent vehicles for propagation of many pathogenic organisms. Eating raw or undercooked local beef, pork, sausage, or fish can lead to worm infestations. Smoking, salting, pickling, or drying meat (or fish) alone is not effective, but heating meat or fish to at least 55 degrees C for one hour, or freezing at minus 10 degrees C for 20 days is an effective remedy.

Unless you are advised to the contrary, assume that bottled soft drinks, including some well-known brands, may not be absolutely safe. Bottled water is generally safer than untreated tap water, but this