

Carrying a duplicate of your original prescription is recommended, especially when travelling to a country that is particularly sensitive about drugs. Carry an extra 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 customs problems.

Some medications that are sold over the counter in Canada are illegal or require a prescription in other countries. Find out whether your medication is legally available in the country you plan to visit. For travel to some countries, 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 are stored in a database that can be accessed 24 hours a day from anywhere in the world.

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 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 you have been. 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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