

Passport applications are available at passport offices, post offices and Canadian diplomatic and consular missions abroad. Allow at least three weeks for delivery of your new passport.

If your passport is due to expire within the next six months, check with your country of destination's embassy or consulate in Canada for its rules and restrictions regarding passport validity and expiration. Some countries will not let you enter if your passport is within six months of expiry.

Before you leave on your trip, be sure to complete the "In case of accident or death notify" section in your passport. This will help us quickly notify your family or friends if an emergency arises.

Make a photocopy of your passport's identification page and keep it separate from the original when you travel. For added security, leave a photocopy with a friend or relative at home. These simple steps may speed the replacement process if you lose your passport.

If your passport is lost or stolen while you are travelling, contact the nearest Canadian mission immediately for a replacement

A Canadian passport remains at all times the property of the Government of Canada and may be used only by the person to whom it has been issued. Selling a passport or permitting any other individual or agency to use the passport may lead to criminal prosecution and is cause for **revocation** of the passport and **refusal** of future passport services.

after reporting the loss or theft to the local police. Make sure you get a copy of the police report or the report number. Before a new passport can be issued, you must complete an application form, produce written evidence of your Canadian citizenship (e.g., a birth or citizenship certificate), provide a copy of the police report or report number, present new photographs and pay the required fee.

We also recommend that you carry a birth certificate or naturalization certificate confirming your identity in addition to your Canadian passport.

Do You Need a Visa?

You need a visa to travel to certain countries. Your travel agent or the country's embassy or

DON'T PLAY RISK.



Planning a trip? Don't forget about your health! Hepatitis, malaria and other diseases are out there. Getting sick while travelling can ruin a well-planned vacation or business trip. Learn about vaccines, water precautions and other ways to travel healthy in this supplement and by visiting either a travel clinic or your physician before you go.

Avoid The Risk. Travel Healthy.

Travel. Everything about it is appealing. Except getting sick. Becoming ill while away from home can not only ruin a long-planned trip, but dealing with foreign countries and their health systems can be difficult at best, and next to impossible at worst. The best part is that a few precautions can help ensure that you stay healthy whenever you travel.

If you are planning to travel, especially if you will be visiting any developing country outside of western Europe, the United States, Australia, New Zealand or Japan, you should see your doctor or a travel clinic for health advice (this includes travellers to Mexico and the Caribbean!) Important health topics for travellers include:

● **Vaccinations**

Depending upon your destination, the risk of disease, and the length of your stay, your doctor may recommend one, or more, of the following vaccines: cholera, hepatitis A, hepatitis B, influenza, Japanese encephalitis, meningococcal, polio, typhoid fever, or rabies. For instance, Hepatitis A, the most frequently-occurring, vaccine-preventable disease among travellers, is usually contracted from contaminated food or water. Hepatitis B, which can lead to a chronic, long-term infection, is spread by contact with bodily fluids of an infected person. Both of these serious liver infections are easily prevented by simply being vaccinated.

● **Acclimatization**

Tips to prevent heat illness, sunburn, altitude sickness, motion sickness and jet lag.

● **Insects**

Several types of insects can transmit diseases. Your health care professional can provide advice on vaccinations, medications and avoiding insect bites.

● **Soil and Fresh Water Swimming Precautions**

Find out how protective footwear helps to prevent injuries, insect and snake bites, bacteria and/or parasite infection. In addition, swimming in slow-moving fresh water in certain developing countries can lead to a parasite infection – learn how to avoid it.