



Hepatitis A is a virus that attacks the liver, causing serious illness.

Because it lives in water, it's easy to catch.

Hepatitis A is also the most common traveller's disease preventable by a single vaccine.

The Canadian Liver Foundation recommends vaccination prior to travels outside North America, western Europe, Australia, New Zealand or Japan.

For immunity, talk to your doctor, travel clinic, or the Canadian Liver Foundation at 1-800-563-5483.

CANADIAN
LIVER
FOUNDATION

You can also call the Quarantine Health Services of Health Canada at (613) 957-8739 for general information. More detailed information can be obtained 24 hours a day via the FAXLINK System by calling (613) 941-3900 from the handset of your fax machine and following the instructions.

Vaccinations

If you are travelling to exotic destinations, find out **well in advance of your trip** if you need any special vaccinations or preventive medications for such illnesses as yellow fever, typhoid, meningitis, Japanese encephalitis, hepatitis or malaria. For instance, a meningococcal vaccination is required for pilgrims travelling to Mecca, Saudi Arabia, for the annual *Hajj*. And an International Certificate of Vaccination for yellow fever may be a legal requirement to enter certain countries. DFAIT's Consular Operations Division can provide you with this information. Call 1-800-267-6788 (in Canada only) or (613) 944-6788.

Start your vaccination shots **at least three months before** you leave. In some cases, you may need several inoculations with waiting periods between each injection.

Make sure that your **routine immunizations are up to date**. If you weren't exposed to certain diseases as a child, or weren't immunized, you could be at an increased risk of acquiring diseases such as tetanus, diphtheria, polio, measles, mumps or rubella (German measles). All adults should ensure they're protected from tetanus and diphtheria by receiving a booster shot every 10 years.

If you're travelling with infants or small children, you may need to arrange an alternate or accelerated childhood immunization schedule for them. Talk to your pediatrician, family doctor or travel medical clinic.

AIDS

AIDS/HIV is a global disease. Some countries require proof of AIDS testing. Have the test conducted and obtain the results **before** you travel. Call Health Canada at (613) 957-8739 to find out if the country you plan to visit requires this