

Getting Medical Advice

Your risk of contracting a disease while travelling depends on several factors. These include your age, your current state of health, your immunization status, your itinerary, the duration and style of your trip, local health conditions and your anticipated activities, such as visits to natural areas, contact with animals, exposure to fresh water and sexual relations.

The Public Health Agency of Canada (PHAC), through its Travel Medicine Program, strongly recommends that your travel plans include contacting a travel medicine clinic or physician **six to eight weeks before departure**. Based on an individual risk assessment, a health-care professional can determine your need for immunizations and preventive medication and advise you on precautions to avoid disease while travelling. Visit PHAC's Travel Medicine Program website at **www.travelhealth.gc.ca** for a list of travel medicine clinics in Canada.

The Canadian Society for International Health also provides information on travel and health (see the "For More Information" section).

See our booklet *Bon Voyage, But...* for further information on vaccinations, childhood immunization, tropical diseases, medication and AIDS.