

**individual risk assessment**, a health care professional can determine your need for immunizations and medication and can advise you on what precautions to take to avoid disease while travelling. Consult the Travel Medicine Program Web site to find a travel medicine clinic close to your home. The

Canadian Society for International Health also provides information on health and travelling.

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

speaking physicians around the world who have agreed to treat travellers.

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 (see the "For More Information" section).

Make sure you don't leave Canada without adequate health insurance for travellers. Review your policy thoroughly so that you know exactly what your coverage entails. For example, does your policy provide an in-house worldwide emergency hotline that you can call if you're in trouble? Does the policy pay foreign hospital and related medical costs? If so, does it pay up-front or expect you to pay and be reimbursed later? Carry proof of your coverage with you.