

INTRODUCTION

The Government of Canada has developed this booklet to help you protect your health while travelling or living abroad. It includes essential information on understanding travel health risks; taking preventive measures before, during and after your travel; coping with a health emergency abroad; and accessing consular services in a health emergency.

Going Abroad?

Be Prepared. Expect the Unexpected!

Connect with the world and access travel advice for more than 200 destinations. Wherever you go, wherever you are, visit www.travel.gc.ca.

Or consult with us by telephone (1-800-267-6788 or 613-944-6788), TTY (1-800-394-3472) or e-mail (travel@international.gc.ca).

We encourage you to take steps to reduce your risk of illness and accidents while abroad. With a little knowledge and preparation, you can protect yourself against many common and preventable travel-related illnesses.

Know before you go!

Standards of safety, hygiene and medical care in foreign countries may not be the same as in Canada. These differences can seriously affect your health and your ability to access medical help while abroad.

Before departure, you should learn about the health risks in the country or countries you plan to visit, your own risk of disease and the steps you can take to prevent illness and injury. If you feel ill, delay your departure in order to avoid travelling on planes and ships.

