

consular officials. For more information, refer to our on-line publication *Dual Citizenship: What Travellers Should Know*.

If you do run into problems because of your dual nationality, contact the nearest Canadian government office abroad immediately.

Health-Related Issues

Health Canada strongly recommends that you contact a travel medicine clinic or your physician six to eight weeks before departure. Based on an individual risk assessment, a health care provider can determine your need for immunizations and any special precautions that will help you avoid disease while abroad.

For more information or to obtain a list of travel clinics in your area, contact Health Canada at (613) 957-8739 or consult www.travelhealth.gc.ca. A list of travel clinics may also be obtained from the Canadian Society for International Health at www.csih.org or (613) 241-5785.

Vaccinations

Before travelling to any destination, find out well in advance of your departure 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 is a legal requirement to enter certain countries. You may need to start receiving your vaccination shots or taking medication six to eight weeks before you leave.

Also ensure that your immunizations — diphtheria, whooping cough (pertussis), tetanus, polio, measles, mumps and rubella — are up-to-date. Other immunization requirements will vary according to your age, existing medical conditions, and the nature and duration of your time abroad.

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

AIDS

AIDS/HIV is a global disease. When you are outside Canada, take the same precautions you do at home. Do not assume that condoms will be readily available. Even if they are, they may not meet the safety standards set by the World Health Organization.