

Hint - Now is the time to get some professional health information about conditions at the post. Many of the HWC doctors have themselves been posted to unhealthy places and are more than willing to share their expertise.

Hint - Do you have a record of yours and your family's vaccinations against measles, mumps, diphtheria? Check the need for any of these with the examining physician and/or your family doctor/pediatrician.

Hint - Will you need any prescription drugs at the post? Ask the HWC doctor about their availability. Include copies of your prescriptions with the important papers you will be taking along. Perhaps a letter summarizing or enclosing your medical history can be prepared by your family doctor.

Note - The pre-posting medical does not include a specialist eye examination. Take an extra pair of corrective lenses to the post for each family member needing them. Keep copies of your lens prescriptions. Consider prescription sun-glasses if you are going to the tropics.

FIGURE 2

INTERNATIONAL CERTIFICATE OF VACCINATIONS



Health and Welfare Canada Santé et Bien-être social Canada

INTERNATIONAL CERTIFICATES OF VACCINATION INTERNATIONAL HEALTH REGULATIONS

CERTIFICATS INTERNATIONAUX DE VACCINATION RÈGLEMENTS SANITAIRES INTERNATIONAUX

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