

Getting Medical Advice

Your risk of acquiring a disease while travelling depends on several factors.

These include your age, your current state of health and immunization status, your itinerary, the duration and style of your trip, and anticipated activities (including contact with animals, exposure to fresh water, sexual contact),

as well as the local disease situation.

Know before you go!

Health Canada's Travel Medicine Program strongly recommends that your travel plans include contacting a travel medicine clinic or your physician six to eight weeks before departure. Based on an

If you wear contact lenses, consider using disposables. Storing and cleaning your lenses can become a nuisance if you're going to be on an extended journey.

It's definitely inadvisable to have ear-piercing, acupuncture, tattooing or manicures while you're on the road. Instruments that are not properly sterilized can carry hepatitis B or AIDS.

If you absolutely must have dental work, injections or an internal

examination, contact the nearest Canadian embassy or consulate abroad. Officials there can often recommend appropriate local medical practitioners.

Consider joining the International Association for Medical Assistance to Travellers (IAMAT). This organization provides information on immunization requirements, health and climatic conditions, tropical diseases such as malaria, food and water sanitation, and maintains a list of English-