

Immunization records

Keep your family's immunization records in a safe and accessible place and carry copies when you travel. However, if your destination country requires proof of yellow fever vaccination, you must carry the original International Certificate of Vaccination or Prophylaxis. Keep a copy of this certificate at home.

Malaria prevention

Malaria is a common and serious infection in many tropical and subtropical countries, and it can be fatal. At this time, an anti-malarial vaccine that provides effective protection for travellers is not available. Therefore, when travelling to an area where malaria occurs, you need to follow two measures to reduce your risk of infection: (1) protect yourself against mosquito bites and (2) take anti-malarial medication.



Anti-malarial medication decreases your risk but doesn't provide 100 percent protection against the disease. The medication must be taken before, during and after travel. As with all drugs, this medication can have side effects and contraindications (conditions for which its use is inadvisable). Through an individual health assessment, your health care provider can give you a prescription for the appropriate anti-malarial medication for your needs. See the section entitled "Insect- and tick-borne diseases" on page 27 for advice on measures you can take to prevent mosquito bites.

Travelling with prescription drugs

When travelling outside Canada with prescription drugs, you should carry a note of explanation from your health care provider to avoid problems with customs officials. Requirements vary from country to country and may also include: