

Canadian passport and always present yourself as a Canadian citizen to local authorities.

If you are considered a national of another country, you may be compelled to do military service or pay special taxes.

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

People with Special Needs

Many countries do not provide access for people in wheelchairs or make allowances for those with special hearing, sight or other physical requirements. Contact your local access organization or talk to others who have travelled to your destination in the past. There are also several guides published about international travel for people with special needs. Check your local library, bookstore or the Canadian Transportation Agency Web site.

Canadians with disabilities who hold a valid parking permit may use their parking permit in any of the 40 member countries of the European Conference of Ministers of Transport (ECMT). For more information, consult the Transport Canada Web site.

Getting Medical Advice

Health Canada strongly recommends an individual risk assessment by your own family doctor or a travel medicine provider prior to travelling. Based on your health risks, the need for vaccinations or any special precautions can be determined.

It is recommended that you visit a travel clinic well before your departure. The travel clinic will ensure that you receive the most current advice, as well as any vaccinations and medications that are necessary to avoid health problems while abroad.

Contact Health Canada's Travel Medicine Program to obtain more information and a list of travel clinics in your area. A list of travel clinics may also be obtained from the Canadian Society for International Health (see "For More Information").

Vaccinations

Before travelling to any destination, find out **well in advance** of your trip 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

Use only as directed.

**When you travel,
don't forget to
pack your
Pepto.**

**From
heartburn
to diarrhea
relief.**

**Because
you never
know.**

