

- Children are at special risk of contracting malaria since preventive measures for them can be difficult to implement and they can quickly become seriously ill if infected.

Make sure you arrange a pre-travel health assessment for the children travelling with you to ensure that their specific needs are addressed.

Lena was wondering how to provide food for her baby Sarah while travelling. It took her some time to decide whether to continue breast-feeding Sarah, which would mean finding the time and privacy to do so, or switch to formula, which would mean sterilizing bottles and making sure the water was safe for the formula.

Be prepared to deal with your children's minor health problems yourself, and know what to do and where to go in case of a more serious illness. Remember to bring the following:

- an adequate supply of baby products, such as formula and snacks;

- over-the-counter medications, such as acetaminophen and packets of oral rehydration salts for mixing with safe water;
- any prescription medications and permission letters for controlled drugs and needles;
- a copy of your children's vaccination records; and
- a health care provider's letter outlining any chronic conditions.

When travelling by air or by car, use an approved child safety seat. Carry a bottle or pacifier to make a young child more comfortable and to equalize ear pressure when flying. For more information on travelling with children, visit www.travel.gc.ca/alt/child.asp.

