

prescription, listing both the generic and trade names of the product, in case your medication is lost or stolen.

**Do not try to save luggage space by combining medications in one container. Keep all medications in the original, labelled container to avoid customs problems.**

Some medications that are sold over the counter in Canada are illegal or require a prescription in other countries. Find out whether your medication is legally

available in the country you plan to visit. For travel to some countries, it is advisable to obtain a note from your doctor stating the medical reasons for your prescription and the recommended dosage.

If you need syringes for a medical condition, such as diabetes, it is important to take along an adequate supply. You should also carry a medical certificate that indicates the syringes are for medical use.

## WELL ON YOUR WAY

The booklet *Well on Your Way* offers valuable advice on how to protect your health while abroad, including information on:

- assessing travel health risks;
- taking preventive measures before, during, and after international travel;
- coping with a health emergency abroad; and
- obtaining consular services in the event of a health emergency.

To order your booklet today, call **1-800-267-8376** (in Canada) or **613-944-4000** or download a copy at [travel.gc.ca](http://travel.gc.ca).

