



Travel with immunity.

Hepatitis A is the most common traveler's disease. It is caused by a virus that is found in contaminated food and water.

It's easy to catch from contaminated food and water, and if you are a victim, you need hospitalization.

Yet, hepatitis A is the most common traveler's disease preventable by a vaccine.

The Canadian Liver Foundation recommends vaccination before travel outside North America, western Europe, Australia, New Zealand or Japan.

For immunity, talk to your doctor or the Canadian Liver Foundation at 1-800-563-5493.

diseases such as tetanus, diphtheria, polio, measles, mumps or rubella (German measles). All adults should ensure they're protected from tetanus and diphtheria by receiving a booster shot every 10 years.

If you're travelling with infants or small children, you may need to arrange an alternate or accelerated childhood immunization schedule for them. Talk to your pediatrician, family doctor or travel medical clinic.

AIDS

AIDS/HIV is a global disease. Some countries require proof of AIDS testing. Have the test conducted and obtain the results **before** you travel. Call Health Canada at **(613) 957-8739** to find out if the country you plan to visit requires this documentation.

When travelling, take all the same precautions you do at home. Do not assume that condoms will be readily available. Even if they are, they may not meet the safety standards set by the World Health Organization.

Remember: Using intravenous drugs is not only illegal but extremely risky — especially if you share needles.

Medication

If you take medication, be sure to pack an extra supply just in case you're away for longer than expected. Carrying a duplicate of your original prescription is highly recommended — especially when travelling to countries that are particularly sensitive about drugs. Also, carry an extra prescription that lists both the generic and trade names of the drug, just in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses — having the prescription makes it easier to replace them.

Do not try to save luggage space by combining medications into a single container. Keep all medications in the original, labelled container to avoid problems.

Find out whether your medication is sold in the country you are visiting. Also check to see that it is legal. Some over-the-counter medications in Canada are illegal in other countries or