

medicines are kept in their original containers. If your medicine is unusual, check whether it is available in the United States.

- ✓ Carry an extra pair of prescription glasses or contact lenses along with a copy of your prescription.
- ✓ Take all the precautions you would at home to avoid infection with HIV, the virus that causes AIDS. Using intravenous drugs is illegal and dangerous — especially if you share needles.
- ✓ If you use syringes for medical purposes, carry a supply to last you through your trip along with a medical certificate showing they are for medical use.
- ✓ Seek advice from your doctor if you are pregnant.

Drugs

The U.S. Zero Tolerance Policy imposes severe penalties for the possession of even a small amount of an illegal drug. Even prescription drugs and syringes used for legitimate medical purposes come under intense scrutiny.

- ✓ Never carry a package or luggage for someone else unless you have been able to verify the contents completely.