

You should visit a travel clinic well before your departure. The 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. A list of travel clinics in your area can be obtained from Health Canada's Travel Medicine Program at **(613) 957-8739** or through the Internet (http://www.hc-sc.gc.ca/hpb/lcdc/osh/travel/clinic_e.html), or from the Canadian Society for International Health at **(613) 241-5785**.

If you have a pre-existing medical condition that could present

a problem while you are travelling, it is wise to wear a MedicAlert[®] bracelet. Through the MedicAlert[®] Foundation, your vital medical facts become part of a database that can be accessed 24 hours a day from anywhere in the world. Call **1-800-825-3785** for membership information or visit the MedicAlert[®] Web site (<http://www.medicalert.ca>).

If you require urgent assistance abroad, call the nearest Canadian mission or make a collect call to DFAIT in Ottawa at **(613) 996-8885**.