

You should check the airline's rules for pregnant passengers before booking your ticket. In Canada, airlines will allow you to fly up to the 35th week of pregnancy, provided you're healthy and have no history of premature labour. The rules in other countries may be different, and you could be asked to supply a letter from your health care provider verifying the stage of your pregnancy. Also, make sure that your travel health insurance policy provides coverage for all eventualities. Most policies don't automatically cover pregnancy-related conditions or hospital care for premature infants.

For more information, see the Consular Services booklet *Her Own Way: A Woman's Guide to Safe and Successful Travel*, available at [www.travel.gc.ca](http://www.travel.gc.ca).



## Travelling with infants and children

Travelling with infants and children can be fun and rewarding. Whether heading south for a week, visiting friends or relatives in a developing country or embarking on an adventure tour, be aware that children can become ill very quickly and may be a challenge to care for while travelling.

You must consider specific and sometimes complex issues when planning a trip for your family. For instance:

- Certain travel vaccines and preventive medications recommended for adults may not be suitable for infants and children.
- Infants may require an accelerated childhood immunization schedule before travel.
- Children are at increased risk for conditions such as diarrhea and vomiting and can develop more severe symptoms.
- Children are at greater risk of exposure to certain health hazards, such as rabies. They may be more inclined than adults to approach stray, and possibly rabid, animals.