

risks, the need for vaccinations or any special precautions can be determined. Health Canada's Laboratory Centre for Disease Control provides travel health information through the Internet (http://www.hc-sc.gc.ca/hpb/lcdc/osh/tmp_e.html) and through a fax retrieval system, FAXlink. To access FAXlink, call (613) 941-3900 using the handset of your fax machine and follow the instructions.

It is recommended that you visit a travel clinic well before your departure. The travel 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 through Health Canada's Travel Medicine Program at (613) 957-8739 or their Internet site (<http://www.hc-sc.gc.ca>), or from the Canadian Society for International Health at (613) 241-5785.

Make sure that you don't leave Canada without adequate health insurance for travellers. Review your policy thoroughly so that you know exactly what your coverage entails. For example, does your policy have an in-house worldwide emergency hotline that you can call if you're in trouble? Does the policy pay foreign hospital and related medical costs and, if so, does it pay up-front or expect you to pay and be reimbursed later? Carry proof of your coverage with you.

Coping with Foreign Bathrooms

Modern bathrooms as we know them in North America do exist around the world, but not everywhere. As a traveller, you'll come across everything from outhouses to simple holes in the ground where squatting is a necessity. Some toilets will flush, but many won't. In developing countries, some cubicles are enclosed. However, as you venture further

into the countryside, you might have to make do with little or no privacy.

"Oh Canada! I enjoy leaving it, but I love coming back."

*Erica Ehm,
Canadian Television
Personality*