

the medical reasons for your prescription and the recommended dosage is also encouraged.

If you need syringes for a medical condition such as diabetes, it is very important that you take along an appropriate supply. As well, you should carry a medical certificate that shows they are for medical use.

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>).

### **Pregnancy**

If you are pregnant and plan to travel abroad, talk to your doctor. Some vaccinations may not be recommended. Also, check your travel and health insurance plans carefully to ensure they cover health complications arising from pregnancy.

### **On Your Return**

If you should become sick or feel unwell on entering Canada, see your doctor. Inform the doctor, without being asked, that you have been travelling or living outside Canada, and where. Likewise, if you were ill while travelling, see your doctor on your return and explain your travel history and any treatment you received.

If you have been in a malarial area and develop fever during the first year after your return (especially in the first two months), see your doctor immediately and remind him/her that:

- antimalarial pills do not guarantee protection against malaria; and
- malaria must be ruled out by one or more thick and thin blood film examinations.

### **Supplemental Health Insurance**

**Do not rely on your provincial health plan to cover the total cost if you get sick or are injured while you are abroad.** At best, your health plan will cover only a portion of the bill. **It is your responsibility to obtain and**

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