

WHEN YOU RETURN

The rise in global travel has increased the possibility of importing diseases to Canada. A recent example occurred in 2003 when SARS (severe acute respiratory syndrome) was brought to this country from East Asia. All travelling Canadians have a responsibility to protect their own health while abroad and to guard against importing diseases that could affect the health of others.

If you're ill with a disease that could be transmitted to others, or have been near someone with a disease that could be transmitted to others, you are required to inform a customs officer or a quarantine officer upon your return to Canada so that they can determine if you require further assessment. If you've been sick while travelling or become sick after your

return to Canada, inform your health care provider, without being asked, that you've been abroad, where you've been and what, if any, treatment or medical care you've received (e.g., blood transfusions, injections, dental care, surgery).

If you've been taking medication to prevent malaria while travelling, you must continue to take it for the full course prescribed, even after your return to Canada. If you've been to an area where malaria occurs and you develop fever within a year of returning home (especially in the first three months), inform your health care provider immediately. You may need a blood test to rule out the presence of malaria in your system. Anti-malarial medication doesn't guarantee absolute protection against malaria.