

a citizen. Ask for a definitive ruling from the authorities of the second country. Be aware that obtaining Canadian citizenship could have led to the loss of your other citizenship without your knowledge. Call the country's embassy or consulate in Canada to obtain more information about your status.

If your citizenship status is clear and you decide to work in your country of second nationality, you could be under certain obligations. For instance, you may be required to perform obligatory military service or you could lose your right to protection and assistance from Canadian officials.

If you do run into problems because of your dual nationality, contact the nearest Canadian mission immediately.

Health-Related Issues

Getting Medical Advice

Health Canada strongly recommends an individual risk assessment by your own family doctor or a travel medicine expert prior to travelling. Based on your health risks, vaccinations and any special precautions you need to take can be determined. Health Canada's Laboratory Centre for Disease

Control (LCDC) provides travel health information through the Internet (<http://www.hc-sc.gc.ca>) 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.

A list of travel clinics in your area can be obtained through Health Canada's Travel Medicine Program at (613) 957-8739 or the Canadian Society for International Health at (613) 241-5785, or through the Internet (http://www.csih.org/trav_inf.html).

Vaccinations

Before travelling to any country, find out well in advance of your departure if you need any special vaccinations or preventive medications for such illnesses as yellow fever, typhoid, meningitis, Japanese encephalitis, hepatitis or malaria. An International Certificate of Vaccination for yellow fever may be a legal requirement to enter certain countries. Your doctor, the local office of the Canadian Society for International Health, the LCDC FAXlink service or the LCDC Web site can provide you with this information.