

The period of validity of the FMN is 30 days but it can be extended once for an additional 30 days if the circumstances of entry into Mexico have not changed and if you are unable to leave and return to Mexico with a new FMN. **The FMN must be handed back to immigration officers on departure from Mexico.**



Travelling Safely in Mexico

Whether you are travelling to Mexico on holiday or as part of a business trip, you may find that local conditions are different from those in Canadian cities. The following tips are designed as a guide for a safe and healthy trip.

- Ensure that your immunizations are up to date, and ask your physician well in advance if any other vaccine is needed.
- Severe air pollution occurs year-round in Mexico City, and reaches higher levels from December to April. Those affected by respiratory diseases should consult their physician before travelling to this city.
- Mexico City is located in a high-altitude valley, as are several other Mexican cities and tourist areas (San Luis Potosi, Guanajuato, etc.). Upon arrival in the city even healthy persons may experience headaches, dizziness, lack of energy and insomnia. These symptoms tend to subside after two or three days. Avoid strenuous activities, excessive alcohol consumption and heavy meals. Consult a physician if your symptoms worsen after three days.
- If you are over 40, a smoker, or suffer from a heart condition, high blood pressure, diabetes, etc., consult your physician before departure, as he/she may advise you of some precautions to take.
- Travellers' diarrhea is a common medical problem in tropical countries, and is considerably reduced when proper dietary precautions are taken. Avoid raw vegetables, fruits that cannot be peeled, and ice made with unpurified water. Drink only bottled beverages.