



Hurricane Season Travel Tips

The hurricane season extends from early June to late November. Mexico, Central America, the Caribbean and the east and Gulf coasts of the United States are the most threatened areas. If you plan to travel during hurricane season, we encourage you to:

- **Check our Travel Warnings page** at www.voyage.gc.ca to see if it is safe to travel to your destination.
- **Confirm travel arrangements** prior to departure and ensure that your travel insurance allows for trip cancellation or interruption in the event of a hurricane.
- **Ensure that detailed information is left with family or friends in Canada**, including the name of the tour operator, flight details, hotel name, location, room number and telephone numbers.
- **Ensure that page 4 of your passport is filled out properly** and leave copies of all travel documents with someone in Canada.
- **Register with the responsible Canadian government office** in the country you plan to visit (see page 5).
- **Monitor local news broadcasts and weather reports** carefully, follow the advice of local authorities and tour operators and know how to contact the nearest Canadian government office.
- **Obtain up-to-date weather forecasts** for the region from the National Hurricane Center at www.nhc.noaa.gov.
- **Visit the website of the Canadian Hurricane Centre** at www.atl.ec.gc.ca/weather/hurricane for recommendations on hurricane preparedness.
- **Carry contact details for our Emergency Operations Centre** (see page 37).

For more information, see the "Before You Go" and "Hurricane" sections of our website at www.voyage.gc.ca.

Getting Medical Advice

Provided by the Public Health Agency of Canada

The Public Health Agency of Canada strongly recommends that your travel plans include obtaining sound medical advice before you travel. Contact a travel medicine clinic or your physician **four to six weeks before departure** to determine your need for vaccinations, preventive medication and advice on precautions you can take to avoid disease while travelling.

Vaccination, Preventive Medication and Personal Protective Measures

International travel can expose you to infectious diseases not frequently seen in Canada. Based on your current health status, immunization history and anticipated itinerary, a health-care provider can assess your individual health risks (called a "risk assessment") and advise you on vaccination requirements, your need for preventive medication (e.g., for malaria) and personal protective measures. Ensure that your routine immunizations—tetanus, diphtheria, whooping cough (pertussis), polio, measles, mumps and rubella—are up-to-date. Proof of yellow fever vaccination may be required to enter some countries.

Seek a risk assessment **well in advance** of your departure date, as you may need vaccinations or preventive medication a month or two

beforehand. If you are travelling with infants or small children, you may need to arrange an alternative or accelerated childhood immunization schedule for them. For a list of travel medicine clinics in Canada, visit the Public Health Agency of Canada's Travel Health website at www.travelhealth.gc.ca.

AIDS

Some countries require proof of HIV testing. Have the test conducted and obtain the results before your trip.

Medication

If you take medication, be sure to pack an extra supply in case you are away for longer than expected. Carry a duplicate of your original prescription, listing both the generic and trade names of the product, in case your medication is lost or stolen. If you wear glasses or contact lenses, having the prescription will make it easier to replace them if needed.

Do not try to save luggage space by combining medications into one container. Keep all medications in the original, labelled container to avoid customs problems.

