

Kuldeep and Jasmine were making their first trip to their homeland in 25 years. At the airport, thrilled to be "home," Kuldeep felt his pulse racing. Jasmine hurried him into a taxi and headed to their hotel. At the hotel pharmacy Jasmine saw an over-the-counter medication with the same name as the prescription drug Kuldeep had taken in Canada – and she made an almost fatal purchase. Jasmine didn't know that the medication in her homeland was twice as strong as the Canadian product. Luckily, she had asked to see the hotel doctor, who directed her to the right drug for Kuldeep.

If you're planning a holiday involving hiking or walking, ensure you're physically prepared for the effort. Take up a suitable exercise program at least one month before leaving to prepare your body.

If you're a senior traveller, you should discuss the details of your trip – your destination, length of stay and planned activities – with your health care provider or a travel health clinic well before departure. Ask about your need for influenza and pneumococcal vaccines, especially if you're going on a cruise. Always carry adequate travel health insurance.

Travelling while pregnant

If you are pregnant, visit your health care provider or travel health clinic before going abroad, especially if travelling by air. You may be more susceptible to certain conditions or suffer added complications from diseases. For instance, pregnant women have an increased risk of blood clots. When flying, request an aisle seat and try to stand up, walk around or stretch your legs regularly.

Falls are the leading cause of injury among seniors. Older travellers can minimize falls by staying fit, eating well and using an aid (e.g., cane, walker, sturdy shoes with non-skid soles). These will help to ensure a safer trip.

Senior travellers should be especially mindful of the effects of heat. Be sure to drink plenty of water during hot weather.