

IV. Food

Visitors should be careful about what and where they eat and drink. Avoid unboiled drinking water, ice, salads or other uncooked/undercooked food. Food from street vendors should be avoided. Restaurants are the safest eating places. Pork is not available in Pakistan.

Alcohol import is strictly prohibited. Although non-Muslim visitors can purchase alcohol at major hotels, it must be consumed in the privacy of their hotel room.

V. Health Regulations

Malaria exists all year round in most of Pakistan below 2000 metres; therefore, prophylactics are essential. Anti-malaria pills should be taken before and after your visit. Consult your doctor regarding which prophylactic is recommended for the type of malaria prevalent in Pakistan.

Visitors are advised to be vaccinated against typhoid, tetanus and polio. Ask your doctor's advice regarding injection of Havrix a few days before departure; this gives 80 percent protection for 5 months against hepatitis, which is widespread in Pakistan.

VI. Travel Information

See the latest travel advisory prepared by the Consular Affairs Bureau of DFAIT available at web site: www.dfait-maeci.gc.ca