

## Travel to the United States and Mexico

Canadians should carry a valid Canadian passport for all visits to the United States and Mexico.

For detailed information about travel in the United States and Mexico, refer to our booklets *U.S.A. Bound* and *México: ¿Qué pasa?* and our Travel Reports on these countries.

## Getting Medical Advice

Provided by The Public Health Agency of Canada

The Public Health Agency of Canada's Travel Medicine Program strongly recommends that your travel plans include contacting a travel medicine clinic or your physician **six to eight weeks before departure** to determine your need for vaccinations, preventive medication and advice on what precautions to take to avoid disease while travelling.

## Vaccinations and Preventive Medication

Based on your current health status, immunization history and anticipated itinerary, a health care provider can assess your vaccination requirements and your need for preventive medications (e.g. for malaria). International travel can expose you to infectious diseases such as measles that aren't frequently seen in Canada. 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, as you may need to start receiving vaccinations or taking 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.

## 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. Carrying a duplicate of your original prescription that lists both the generic and trade names of the drug is recommended in case your medication is lost or stolen. This is also a good idea if you wear glasses or contact lenses—having the prescription makes it easier to replace them.

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

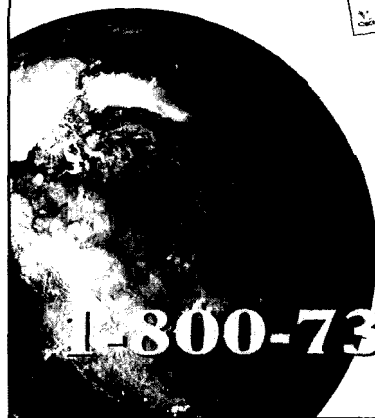
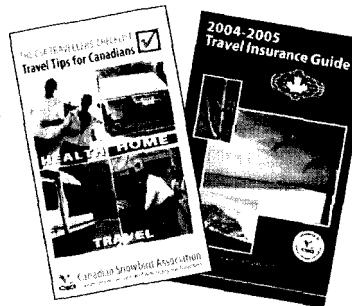
# TRAVEL NOTICE

*"...coverage for out-of-country health care services is limited; you should purchase supplementary insurance."*

Ministry of Health and Long-Term Care

Border crossing, customs, safety, trip planning – what other critical issues can affect you when travelling? **Ask the CSA!**

Call for your  
**FREE Snowbird Travellers' Checklist**  
**AND**  
Medipac's Travel Insurance Guide.



The Canadian Snowbird Association is a national not-for-profit advocacy organization dedicated to actively defending and improving the rights and privileges of travelling Canadians.

**1-800-734-7147**

[www.snowbirds.org](http://www.snowbirds.org)  
[www.medipac.com](http://www.medipac.com)