

Use your discretion when choosing restaurants. Avoid food and juices from street vendors. If you get diarrhea that persists more than 48 hours or produces excessive tiredness, a physician should be consulted.

- Review your provincial health insurance coverage before leaving Canada. If it does not adequately protect you in Mexico, you should purchase a short-term health insurance policy to protect you during your trip. Supplementary health insurance should also cover the high cost of medical evacuation in case of illness or critical injury.

- In Mexico City and other tourist centres, take the same precautions against pickpockets, purse snatchers, or armed robbers that you would take in any important capital of the world. Always keep your wallet in an inside front pocket, or use a money belt. Carry your purse tucked under your arm and, if possible, with the shoulder strap across your chest.

- Do not carry large sums of cash or wear expensive jewellery. Use your hotel safe to deposit your valuables and your passport (carry a photocopy of your passport's identification page with you).

- If you must travel in Mexico City at night, it is safer to travel in a group.

- Taxi drivers may try to charge visitors fares well in excess of the meter readings. When you use a taxi, ensure that the meter is on and working, or negotiate the fare before departure. As taxi drivers generally only speak Spanish, you may have to ask a hotel porter or a restaurant waiter for help in dealing with them.

### **Helpful Contacts**

Canadian citizens may obtain consular assistance or passport services from the Canadian Embassy in Mexico City or from Canadian Consulates throughout Mexico. You may also call the 24-hour telephone line of the Mexican Ministry of Tourism at (5) 250-0123 or (5) 255-3112 (in Mexico City) or at 91-800-90392 (toll free outside Mexico City). This bilingual (Spanish/English) telephone service provides immediate assistance to tourists as well as general information to visitors.