

General

Be prepared. Keep a first aid kit accessible in your home and take one along on outings. (See the following sample of what should be included.) Post the numbers of your doctor, local hospital, poison control centre and other key contacts close to your telephone.

Traveller's First Aid/Medical Kit

The following items can easily be compacted in a tote bag or carrying case and will cover most minor ailments:

Oral Thermometer	Motion Sickness Pills or Gravol
Scissors	Absorbent Cotton
Tweezers	Mercurochrome or Iodine
Safety Pins	Caladryl or Calamine Lotion
Needle	Insect Repellent
Absorbent Sterile Gauze	Water Purification Tablets
Adhesive Tape	Salt Tablets
Butterfly Closures	Antihistamine
Rubbing Alcohol	Decongestant
2% Iodine (for water purification)	Cough Medicine
Band-aids	Throat Lozenges
Elastic Bandage	Anti-fungal Cream and Powder
Mild Painkiller	Vitamins
Stronger Painkiller	Antibiotic Eye Drops
Antiseptic Cream	Skin Cleansers
Ointment for Cuts, Burns and Abrasions	Q-tips
Laxative	Dental Floss
Antacid Tablets Kaopectate or Lomotil	Any Prescriptions or Remedies Advised By Your Doctor

The items you will need specifically for your children will depend on their age and particular health problems. Some suggestions are:

Tempra	Worm Medicine
Children's Painkiller	Ipecac (to induce vomiting)
Rectal Thermometer	Gravol Suppositories
Sun Screen (SPF-15)	Paediatric Nose Drops
Diaper Rash Cream	Teething Gel

5.4 AIDS

While there is more of a chance of catching malaria than AIDS while abroad, the Department has, nonetheless, issued a statement on AIDS in Circ. Doc. No. 30/89 to alleviate any fears about being posted to a country with a high incidence of the disease. Because AIDS is overwhelmingly a sexually transmitted disease, education is the most important factor in preventing its spread. The Department provides appropriate literature and a briefing on AIDS, in addition to the pre-posting medical briefings, to all personnel being posted abroad. Medical equipment and evacuation services have also been supplied to missions where medical facilities are inadequate.

If you have any worries, feel free to discuss them with the Employment and immigration doctor.

5.5 Household Staff

From tips on looking after your health to hints about looking after your home. Most Canadians are not familiar with employing household help on a full-time basis and are self-conscious, at least initially, about