

TRAVEL MEDICINE PROGRAM

The [Public Health Agency of Canada](#) and the [World Health Organization](#) (WHO) report on disease outbreaks that occur throughout the world. For the latest travel health advisories and related information, visit the [Public Health Agency of Canada's Travel Medicine Program](#) Web site.

Information and recommendations on Mad Cow Disease in Europe can be obtained through the Public Health Agency of Canada's Travel Medicine Web site at (www.TravelHealth.gc.ca).

The Public health Agency of Canada strongly recommends that your travel plans include contacting a [travel medicine clinic](#) or physician six to eight weeks before departure. Based on your individual risk assessment, a health care professional can determine your need for [immunizations](#) and/or preventive medication and advise you on precautions to avoid disease. Travellers are reminded to ensure that their routine (childhood) immunizations (e.g., tetanus, diphtheria, polio, and measles) are up to date.

Standards of medical care may differ from those in Canada. Treatment may be expensive, and payment in advance may be required. Travellers are advised to arrange for medical insurance prior to departure. [Prescription medications](#) should be kept in the original container and packed in carry-on luggage.

The Public Health Agency of Canada also recommends that travellers who become sick or feel unwell on their return to Canada seek a medical assessment with their personal physician. Travellers should inform their physician that they have been travelling or living outside of Canada.