

How to Locate a Physician Away from Home



The best made travel plans can't guarantee against illness or injuries. Although travelers don't like thinking about the possibility of a medical emergency, a little forethought can save you a lot of misery or aggravation. Knowing what to do and who to contact should you need medical help, especially when traveling abroad, reduces anxiety and avoids wasting time when minutes count.

Specialized travel medical clinics exist in some areas. Consult the following for names of physicians you can contact, if need be, in the area you plan to visit.

- International Association for Medical Assistance to Travelers (IAMAT)
1623 Military Rd. #279
Niagra Falls, NY 14304-1745
1.716.754.4883 / www.iamat.org
- Overseas Citizens Services (OCS), Bureau of Consular Affairs 1.888.407.4747
http://travel.state.gov/about/contact/contact_4745.html
- The American Embassy or American, British, or Canadian consul or consulate in the country you're visiting.