



ADVICE FOR TRAVELLERS

As you will be aware GP surgeries are working under increasing pressures and are having to prioritise the services they can provide. We have offered a full travel service free of charge until recently, but as the surgery receives no funding for this and it is very time consuming, we are sadly no longer able to continue this.

The NHS has a very comprehensive website giving information you need to identify any vaccines advised for trips abroad, and ensure that you stay as healthy as possible. This can be found at www.fitfortravel.nhs.uk

The following vaccinations are commonly required for many holiday destinations and are free of charge on the NHS:

- **Diphtheria, tetanus and polio (combined)**
- **Hepatitis A**
- **Typhoid**

These can be administered by a nurse at this surgery, if needed.

Cholera medication is also available for more exotic or unusual destinations, complete travel itineraries or long stay vacations. These need to be given at a high street travel clinic (eg Nomad, Masta or The Medical). There will be a charge for these. If you would rather have all of your vaccinations done at these clinics, they can also give the vaccines in bold above, but they will charge for these.

We strongly advise you check your requirements, at least 3 months before travel as sometimes a course of up to 3 vaccinations needs to be given over the course of several weeks.

It is your responsibility to ascertain which vaccinations (and, if relevant, anti-malaria tablets) you need and also to inform yourself fully of recommended travel safe precautions.

To do this you should visit the NHS Fit for Travel website at www.fitfortravel.nhs.uk and read the information relevant to the country you are visiting. Follow these simple steps:

1. Select the country you are visiting from the **Destinations** tab at the top of the page.

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2. Read the **Advice for Destinations**. This will give you detailed information about health risks abroad such as insect bites, sun exposure, contaminated food and drink. Also advice is given about visas and health insurance.
3. Read the **Vaccinations** section. If you have a record of your immunisations/vaccinations at home, check if you are up to date with the recommended vaccines.

Diphtheria, tetanus and polio – booster required every 10 years for (travel purposes only)

Hepatitis A – if you have had 2 vaccinations, you are covered for 25 years from the 2nd dose.

Typhoid – booster required every 3 years (for travel purposes only)

Please be aware that it is not good for the immune system to unnecessarily have vaccinations more frequently than this. If you are unsure of when you had any previous vaccinations, ask the surgery for a print of your vaccination history. You should keep a record of this. This information will also be available on the NHS App if you have access.

The vaccinations section usually relates to back-packers, people travelling for more than 4 weeks or special situations, eg working in health care projects or with animals. If you are planning such a trip you need to make arrangements to have these at a high street travel clinic (eg Nomad, Masta, or The Medical). There will be a charge for these.

If you think you need any of the vaccinations provide by the NHS (in bold above), make an appointment with the nurse, bringing with you a print out of the relevant **Fit For Travel** information.

4. Read the information about **Malaria** (if this is going to be an issue where you are going) and follow the 'precautions' link. If anti-malaria tablets are advised for your destination there will be a link to a 'malaria map' which will show the details of the risk for your destination. The site will also indicate which anti-malaria tables are effective in that region. If pogueanil and/or chloroquine are advised, these can be bought over the counter at a pharmacy. If atovaquone/proguanil (Malarone) or doxycycline or mefloquine (Lariam) are recommended, read through the information carefully and go to a high street travel clinic to buy your supply. These need to be started before entering a malaria area, continued during the trip and for a period of time after leaving, so you need to plan ahead. We also advise you to take your itinerary and dates with you to work out how many you need to buy.
5. Read the entire section '**Other Health Risks**' which contains further up to date information about your travel destination, including currently outbreaks, risks, etc.

Useful contacts:

Nomad Travel Clinic: www.nomadtravel.co.uk - 01341 555061

Masta: www.masta-travel-health.com – 0330 1004200

The Medical: www.themedical.co.uk – 0117 3763732

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