**Beechwood Surgery**

Travel health

Due to ongoing demand, it is essential that you start the process for travel vaccines well in advance of your departure. **This ideally needs to be 6-8 weeks before you travel.** We cannot guarantee to be able to give advice and offer vaccines if your travel date is less than this.

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

**Diptheria, tetanus and polio (combined) – booster required every 10 years for travel purposes only.**

**Hepatitis A – If you have 2 vaccines, you are covered for 25 years (from the 2nd dose).**

**Typhoid – booster required every 3 years for travel purposes only.**

**Cholera medication is also available on the NHS, but not commonly required.**

The above vaccines can be administered by a Practice Nurse at this surgery.

If you think you need any of the vaccinations above, please complete the travel form from our website or collect a copy from reception. On completion of the form, you will be given a telephone call appointment with the Practice Nurse who will discuss the vaccines you will need for your trip. Please access a specialist travel website such as www.travelhealthpro.org.uk or [www.fitfortravel.nhs.net](http://www.fitfortravel.nhs.net) to read about your destination or destinations in advance of the discussion.

During this telephone appointment, the Practice Nurse will arrange an appointment for you to discuss your travel arrangements and have any of the above vaccinations as required.

Other vaccines maybe necessary for some destinations, complex travel itineraries, staying with family or long stay vacation. The Practice Nurse will explain if you might need private vaccines for example hepatitis B, rabies or yellow fever. Malaria is a risk in some countries and the practice nurse will assess if this is required. Anti-malarials can be bought from most pharmacies.

**Enjoy your holiday and travel safely**