**ADVICE FOR TRAVELLERS**

As you will be aware, GP surgeries are working under increasing pressure, 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 web-site, giving the information you need to identify any vaccines advised for trips abroad, and to ensure that you stay as healthy as possible. This can be found at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) where you will be able to read the information relevant to the country you are visiting.

**IT IS YOUR RESPONSBILITY TO ASCERTAIN WHICH VACCINATIONS**

**(and, if relevant anti-malaria tablets) you need and also to inform yourself fully of recommended travel safe precautions.**

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

* **Diphtheria, tetanus & polio (combined) –** booster required every 10 years (for travel purposes only)
* **Hepatitis A –** if you have had two vaccinations, 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 is not commonly required.

These can be administered by a nurse at this surgery, if needed. However, currently there is a shortage of Hepatitis A throughout the NHS and so we may not be able to provide this.

**Other vaccinations may be necessary for more exotic or unusual destinations, complex travel itineraries, or long stay vacations**. These need to be given at a high street travel clinic (eg Mount Avenue Travel Clinic, Nomad, Masta or Sta Travel – details of which can be found below). There will be a charge for these. If you would rather have all your vaccinations done at these clinics, they can also give the vaccines in bold (above) but they will be a charge for these.

**We strongly advise you to**

**check your requirements** **at least three months before travel,**

as sometimes a course of up to three vaccinations needs to be given over the course of several weeks.

On these travel websites the ‘vaccinations sometimes advised’ 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 the clinics indicated below. There will be a charge for these.

1. If you think that you need any of the vaccinations provided by the NHS, (in bold above) Please complete the travel form from our website or collect a form from reception. It is very important that this form is completed and returned to the surgery at least a **6-8 weeks** **or longer if a course of vaccinations is required**, before travel, along with a print out of the relevant NHS choices travel vaccination information. The Practice Nurse will assess and you will be informed of what vaccinations are required and an appointment will be given accordingly. **The vaccination will not be administered if you do not complete the travel form or have the print out of the travel vaccination information.**
2. For **MALARIA Prevention**, please contact a private travel clinic (as listed below), there will be a charge.

Read the information about malaria, (if this is 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 you the details of the risk for your destination. The site will also indicate which anti-malaria tablets are effective in that region.

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. (see below for details of travel clinics). 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 suggest you take your itinerary with you to work out how many you need to buy.

1. Any other vaccinations required for travel will need to be obtained from a private clinic (please see below for details). We also suggest you read on the website - [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) - ‘**other health risks’** which contain further up to date information about your travel destinations, including current outbreaks, risks etc

**ENJOY YOUR HOLIDAY & TRAVEL SAFELY!**

Following travel clinics are suggested providers, we do not endorse their service. You may wish to choose other private clinics at your discretion.

**PRIVATE TRAVEL CLINICS**

Useful contacts:

Mount Avenue Travel Clinic: [www.travelhealthbrentwood.co.uk](http://www.travelhealthbrentwood.co.uk) 01277 200169

Nomad: [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) 01341 555061

Sta: [www.statravel.co.uk](http://www.statravel.co.uk) 0117 3290204

Masta: www.mastatravelhealth.com

Superdrug: www.superdrug.com

Boots: www. boots.com

Shenfield Travel UK 01277 200169