

Useful contacts and travel tips

Websites which provide travel health advice:

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|---|---|
| Dept. Of Health advice for travellers | http://www.dh.gov.uk/travellers |
| National Travel Health Network and Centre | http://www.nathnac.org/ |
| Fit for Travel (vaccination and malaria information) | http://www.fitfortravel.scot.nhs.uk/ |
| Foreign and Commonwealth Office (health and safety information for specific destinations) | http://www.fco.gov.uk/travel |

A book on travel health:

“Travellers’ Health: How to stay healthy abroad” Dr Richard Dawood
Oxford Univ. Press. 2002. ISBN 0-19-262947-6. £16.99. A must for those travelling in rural and isolated areas of the non-industrialised world. Most cities now have doctors, making unnecessary the sort of self-diagnosis that it assists.

Ask for a printout of general travel advice [which also covers the issues in the holiday checklist in more detail] when you see the nurse for your vaccinations. We also provide a more detailed health risk assessment form for those backpacking to remote areas (get organised 6 months before your trip date!)

Holiday checklist

Before you go have you checked the following?

- Passport with at least 6 months validity Safety advice (foreign office web site)
 Driving licence Money/credit cards Told relatives of your location details
 Health Insurance Vaccinations List of existing medical conditions
 Prescription medications Contraception Dental check-up
 First-aid and travel kits Info about reducing the risk of DVT
 Home security while you are away Getting your mail/ messages picked up

Have you thought about the following issues whilst you are away on holiday?

- How to avoid food poisoning Taking care in the sun (SunsSmart Code)
 Hazards of swimming Driving abroad Road safety
 Safety issues/ medical insurance etc if you are participating in dangerous sports
 Dealing with insect bites and animal bites Remembering to take malaria tabs!
 Avoiding casual sex

And when you get back

- Remember to continue taking malaria tablets
 If you have been ill abroad come and see the doctor
 If you are giving blood tell the staff if you have been travelling outside Europe

Just fill in this front sheet for each member of your travel party and hand it the completed form to reception.

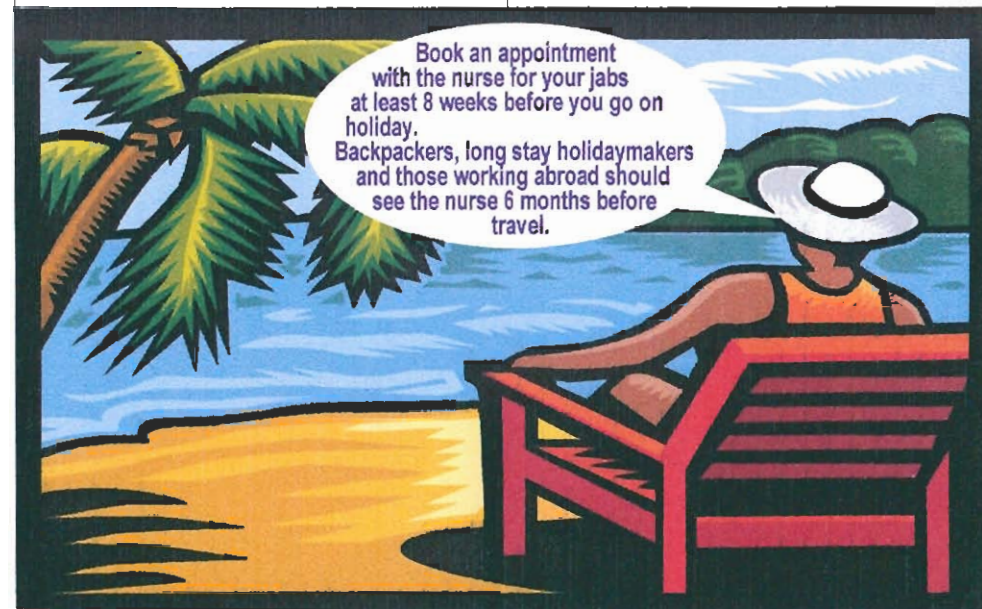
Foreign travel vaccination program

| | | |
|---|-------------------------|------------------------------|
| Name: | Type of stay (circle) : | |
| Departure date: | Luxury/4-5 star | Back packing to remote areas |
| Return date: | Budget | Adventure |
| Countries visiting: 1. 2. 3. 4. | Last minute | Occupational |
| | Prolonged Trip | |
| Allergies: | | |

| | |
|---|---|
| Female patients | Are you pregnant now? Yes / No |
| (This information is relevant in deciding vaccinations and malaria prophylaxis) | Are you likely to want to get pregnant within 3 month of finishing your holiday? Yes / No |

List here vaccines you have already had in the past & dates when given

| Vaccine | Date | Vaccine | Date |
|---------|------|---------|------|
| | | | |



Travel requirements

| Vaccine | Country | | | |
|-------------------------|---------|----|----|----|
| | 1. | 2. | 3. | 4. |
| Typhoid | | | | |
| Hepatitis A | | | | |
| Diphtheria | | | | |
| Tetanus | | | | |
| Polio | | | | |
| Hepatitis B | | | | |
| Rabies | | | | |
| Yellow Fever | | | | |
| Japanese Encephalitis | | | | |
| Tick Borne Encephalitis | | | | |
| MMR | | | | |

Vaccines available free on the NHS are: Typhoid, Hepatitis A, Diphtheria, Tetanus and Polio

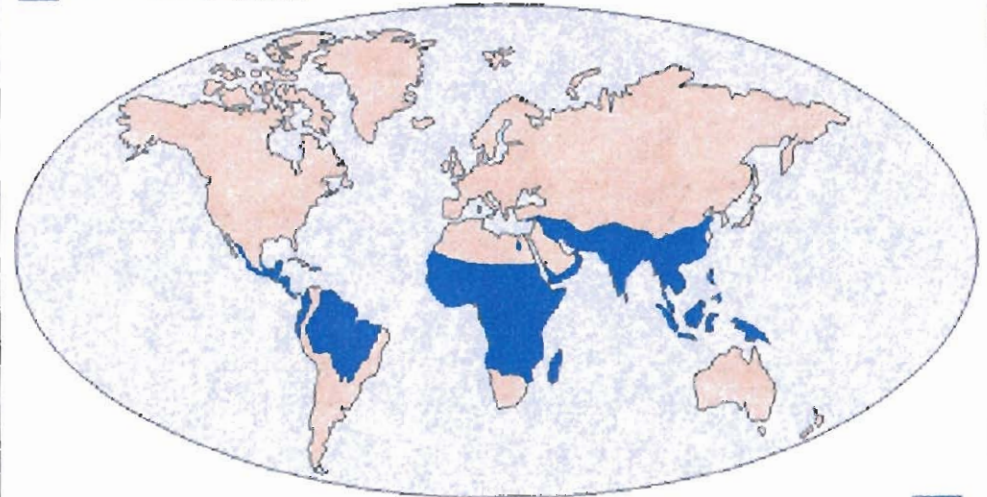
You will be subject to charges payable prior to having any vaccination for the following as they are not provided by the NHS.*
 Hepatitis B, Meningitis, Rabies, Japanese encephalitis and Tick Borne encephalitis,
 Yellow fever*

*The charge for private vaccination is £10 per item prescribed plus a one off charge £25 for the nurse to administer the vaccine(s)

*Yellow fever vaccination is only available at a designated centre. The nearest ones are Countesthorpe Health Centre (Tel: 0116 2776336) or The Central Surgery, Rugby (Tel: 01788 574335). For information about more yellow fever centres see the back of this leaflet.

Malaria endemic countries and prophylaxis

■ Distribution of Malaria



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Malaria prophylaxis required? Yes/No

| | |
|-------------|---|
| Malarone** | Begin 1-2 days before travel to affected area and continue for 7 days after leaving |
| Doxycycline | Begin 1 week before travel to affected area and continue for 4 weeks after leaving |
| Mefloquine | Begin at least 1 week (ideally 2 weeks) before travel to affected area and continue for 4 weeks after leaving |
| Proguanil | Begin at least 2 days (ideally 1 week) before travel to affected area and continue for 4 weeks after leaving |
| Chloroquine | Begin 1 week before travel to affected area and continue for 4 weeks after leaving |

No. of days of treatment prior to entering affected area:

Number of days in affected area:

No of days of treatment after leaving affected area:

Total number of tablets needed:

**Please note that a private prescription is required for Malarone and a charge of £10 is made for this which is payable on collection