

**DR ALLAN & PARTNERS**  
**CALCOT MEDICAL CENTRE**

**TRAVEL INFORMATION LEAFLET**

Please read carefully **BEFORE** your travel appointment.

**Are you covered for your holiday?**

**Do you know your itinerary?**

**PLEASE COME WITH FULL TRAVEL DETAILS**  
**PREVIOUS TRAVEL CARD**  
**CHILDHOOD IMMUNISATIONS/RED BOOK**  
**ALL INFORMATION ON PREVIOUS TRAVEL IMMUNISATIONS**

If you have access to the internet, please look at one of the following websites to establish your travel immunisation requirements :-

[www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

[www.masta.org](http://www.masta.org)

Depending on where you are going and what you plan to do on your trip the recommended vaccines will vary. Not all vaccines are mandatory but it is your responsibility to protect yourself abroad.

Some of the vaccines are available on the NHS whereas others are private and you will be charged for these

Diphtheria/Tetanus/Polio - available on the NHS. One injection lasting 10 years.

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|------------|---|
| Diphtheria | - is spread through close respiratory contact                   |
| Tetanus    | - is contracted through dirty cuts and scratches                |
| Polio      | - is spread mainly through faecally contaminated food and water |

Hepatitis A - available on the NHS. One injection gives 12 months protection then a booster at 12 months gives 10 years protection

This is a faecal/oral infection spread through contaminated food and water. It is very common in crowded conditions and is widespread

Typhoid - available on the NHS. One injection gives 3 years protection

This is a systemic infection transmitted via the faecal/oral route most commonly through ingestion of contaminated food and water. The risk is greater in areas where access of safe drinking water may be limited or food and water hygiene poor

Yellow Fever - Private vaccine. One injection £48 including certificate, giving 10 years protection. In some countries this will be a mandatory vaccine

This is spread through the bites of infected mosquitoes. Risk to travellers is highest in rural and jungle areas where the specific monkey host is found. Risk is lower in cities where outbreaks rarely occur

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Hepatitis B - Private vaccine. A course of injections given 0 - 7 - 21 days or 0 - 1 - 2 months and then a booster in 12 months. £30 per dose

Spread through blood, blood products and sexual intercourse. Vaccination is recommended for those at occupational risk, long stays, frequent travellers and those likely to be exposed to sporting accidents, including young children

Rabies - Private vaccine. Course of three injections given day 0-7-21 or 28 giving 35 years cover. £50 per dose

Spread through the saliva of infected mammals and is present throughout many countries. The risk is small for those who avoid contact with carnivorous animals especially dogs which are the most frequent source of infected bites. Pre-exposure vaccination is recommended for those in regular contact with animals. Travellers 24-hours away from a hospital with a reliable source of immunoglobulin

Meningococcal - Private vaccine. One dose £36 gives 3-5 years protection. (if a certificate is required, £15 extra)

Spread through close respiratory contact and more likely in crowded situations such as dormitories, public transport, clubs. Infection is uncommon in package tours. It is recommend for long stay

Tuberculosis (TB-BCG)	)	If any of these vaccines are required, please
Cholera vaccine	)	contact one of the following private travel clinics -
Japanese Encephalitis	)	The Lanes, Stoke Poges telephone 01735 662243
Tick-Bourne Encephalitis	)	Dr Now in Beaconsfield telephone 01494 410888

Malaria cover is required in many countries. Depending on where you are going, tablets may be bought direct from your local pharmacist, or via a private prescription (£15) and pharmacy charges.

**PLEASE NOTE:**

***After you have had your travel vaccines, you will be asked to wait for 10minues in the waiting room to ensure there is no allergic reaction***

***On completion of the course, payment should be made with cash or cheque. (We do not take credit cards)***

***If you fail to attend for your travel immunisation appointment you will not be offered another appointment.***