

Travel Health & Vaccinations

Field House Medical Group



To do List

Holiday Booked ✓

Passport ✓

Currency ✓

Holiday Insurance ✓

Suntan Lotion ✓

Holiday Vaccinations ?

Seen the Nurse for Travel Advice

From organizing travel insurance and vaccinations to preventing DVT and jet lag, here's what to think about before you travel.

Traveling abroad is exciting, but with so many things to see and do when you get there, the basics of health and safety are often neglected.

Every year, people living in the UK go on more than 60 million trips abroad. Most have a safe trip, but some people get ill or have an accident and need medical treatment while they're away.

Make your holiday as safe as possible

Start preparing for your trip 8-10 weeks before you go, by reading the latest health advice for the country you're travelling to using the National Travel Health Network and Centre (NaTHNac) web site http://www.nathnac.org/ds/map_world.aspx or the NHS site www.fitfortravel.nhs.uk also check the travel safety updates with the Foreign & Commonwealth Office <https://www.gov.uk/browse/abroad>

Travel Vaccination Costs

Not all vaccinations are free on the NHS, even if they're recommended for travel to a certain area. Planned activities on your trip may effect the recommendations made.

Free Travel Vaccinations

- Diphtheria, Polio & Tetanus (combined booster)
- Typhoid
- Hepatitis A (including when combined with Typhoid or Hepatitis B)
- Hepatitis B

Private Travel Vaccinations (payment needed)

- Cholera
- Japanese Encephalitis & Tick-bone Encephalitis
- Meningitis
- Yellow Fever
- Rabies
- Malaria medication

"Make sure your vaccinations are up to date and check whether you need any extra travel vaccines depending on your itinerary", says Lynda Bramham, senior nurse advisor for MASTA



Information taken from NHS Choices

Nursing Clinics

Our Practice Nurses run clinics that provide advice on how to keep safe while travelling or on holiday - these include advice about taking care in the sun, insect bites, diet, DVT risk, sexual health and vaccinations, this information can also be found on the afore mentioned web sites.

Remember you need to arrange your appointment well in advance to ensure you have time to complete and receive full protection from any vaccinations you may require (at least 6-8 weeks).

If you are traveling within the next 4 weeks please inform reception & they will let the nurse know so a more timely response can be made.

How to book an appointment

1. Complete the form below and drop it off at reception (Keep Page 1 for your information) .
2. The nurse will review your information and contact you within 2 weeks to either offer you an appointment to come in for your vaccinations, information about private treatment costs or if no vaccinations are required then travel advice could be given over the telephone.

Personal Details (Please print clearly)

If any other members of the family are also going on the same holiday and are patients of the practice please pick up additional copies of the form from reception (includes children).

Name:	Date of birth:
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Telephone number to be contacted on:

A nurse will contact you between 4.00-5.30pm on a Thursday to discuss your requirements for travel.

If this is not convenient for you, please let the receptionist know when you hand the form in.

Dates of trip

Date of departure:

Date of return or overall length of your trip:

Itinerary and purpose of visit

Countries to be visited	Length of stay	Are you away from medical help at your destination, if so, how remote?
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Please tick as appropriate below how to best describe your trip

1. Type of trip	Business <input type="checkbox"/>	Pleasure <input type="checkbox"/>	Other:
2. Holiday type	Package <input type="checkbox"/>	Self organised <input type="checkbox"/>	Backpacking <input type="checkbox"/>
	Camping <input type="checkbox"/>	Cruise ship <input type="checkbox"/>	Trekking <input type="checkbox"/>
3. Accommodation	Hotel <input type="checkbox"/>	Relatives/family <input type="checkbox"/>	Other:
4. Travelling	Alone <input type="checkbox"/>	With family/friend <input type="checkbox"/>	In a group <input type="checkbox"/>
5. Staying in an area which is	Urban <input type="checkbox"/>	Rural <input type="checkbox"/>	Altitude <input type="checkbox"/>
6. Planned activities	Safari <input type="checkbox"/>	Adventure <input type="checkbox"/>	Other:

Personal Medical History

Do you have any allergies for example to eggs, antibiotics, nuts or latex?

Have you ever had a serious reaction to a vaccine given to you before?

Does having an injection make you feel faint?

Have you recently undergone radiotherapy, chemotherapy or steroid treatment?

Women only: Are you currently pregnant, planning a pregnancy or breast feeding?

Have you taken out travel insurance and if you have a medical condition, informed the insurance company about this?

Please write below any further information which may be relevant:

Vaccination history

Have you ever had any of the following vaccinations/malaria tablets and if so when?

Tetanus		Polio		Diphtheria		Malaria Tablets
Typhoid		Hepatitis A		Hepatitis B		
Meningitis		Yellow Fever		Influenza		
Rabies		Jap B Enceph		Tick Borne		

Other:

I understand this information will be used by the nurse to provide travel advice and recommendations for vaccinations. The information will also be scanned into my medical records as part of my consultation with the nurse.

Signed: _____

Date: _____