

TRAVEL ADVICE



When you are planning a trip abroad it is important to consider your health before you travel.

Depending on where you travel, you may need vaccinations and/or malaria tablets.

If you are travelling to a **single** European country or a **single** worldwide destination –book in for your travel consultation at the surgery where you can receive any NHS vaccines recommended.

If you are travelling to **more** than one European country or worldwide destination – please book an appointment with a specialist travel clinic.

(It is best to start planning 2 months before you travel)

Specialist Travel Clinics :

Southampton Travel Health Clinic

www.travelhealthclinic.co.uk

79 Bedford Place, Southampton SO15 2DF.

Tel : 023 8063 1922

Hampshire Travel Clinic

www.hampshiretravelclinic.co.uk

97 Havant Road, Emsworth, PO10 7LF

Tel : 01243 388718

Or visit any local pharmacy who provide a travel clinic facility

How do I find out What I Need?

Access the NHS approved website Fit for Travel at www.fitfortravel.nhs.net. This site is very easy to use by simply entering in your destinations and it will advise the recommended vaccines/malaria tablets for that area. You must check ALL the destinations you intend to travel through or stay in as recommendations may differ depending on the country.

Malaria Tablets

The NHS does not supply these. You can buy your malaria tablets privately from most chemists – they will be happy to give advice.



How do I Get My Vaccinations

The NHS does **NOT** supply Hepatitis B, Yellow Fever, Rabies, Japanese encephalitis or Cholera vaccinations. If these vaccines are recommended then please visit a private travel clinic where a fee will be charged for these vaccines. Note you will need to make appointments for these services.

The NHS will supply typhoid, tetanus/diphtheria/polio and Hepatitis A vaccinations free of charge.

Please make an appointment with the practice nurse if you require any of these vaccines. Please bring to your appointment the relevant information obtained from Fit for Travel or private Travel clinic detailing the immunisations needed.

IF YOU REQUIRE A COPY OF YOUR VACCINATION HISTORY, PLEASE RING THE SURGERY WHERE THIS CAN BE PROVIDED FOR A SMALL CHARGE