

## TRAVEL INFORMATION SHEET

Our information sheet provides you with details on how to obtain travel health advice. It is important that you consider your travel health requirements at the earliest opportunity (at least 6 weeks prior to travel for private vaccines and 2 weeks for NHS vaccines).

### What to do first

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

This website will provide you with all the travel information you require for your specific destination(s), including vaccinations required and general health advice such as food/water precautions and bite avoidance.

The vaccinations below are covered by the NHS free of charge and can be provided in the surgery: -

- Hepatitis A
- Typhoid
- Diphtheria/Tetanus/Polio (only available as a combined vaccine)
- Cholera

### What to do next

1. Please complete the table below to tell us about your trip (this information is essential for the Nurse to assess what you need).
2. Hand this form in to the practice reception.
3. Make an appointment with a Practice Nurse – please ask for an appointment for Travel Health so that the correct length of appointment can be allocated to you.

<b>ABOUT YOUR TRIP</b>					
Departure Date		Duration of Trip		Return Date	
<b><u>Itinerary</u></b>					
Country & Region	Duration	Availability of Medical Help			
<b><u>Trip Description (please circle all that apply)</u></b>					
Purpose	Business		Pleasure		Other (please specify)
Type	Package		Self Organised		Back-packing
	Camping		Cruise-ship		Trekking
Accommodation	Hotel		Friends/Family		Other (please specify)
Travelling	Alone		With Friends/Family		In a Group
Location Type	Urban		Rural		Altitude
Activity Type	Safari		Adventure		Other (please specify)

Print name:..... D.O.B.....

Patient's Signature:..... Date:.....

### What to do if you also want the private vaccines

If you require any of other vaccinations or antimalarial tablets recommended for your destination(s) you will need to obtain these from a private travel health clinic.

Please remember that some private vaccinations may require a course of injections, so we recommend you seek advice at least 6 weeks before you travel.