

TRAVEL INFORMATION LEAFLET



**Travelling Abroad?
Do you need any vaccinations?
Do you know where to go for travel advice?**

WEM & PREES MEDICAL PRACTICE

New Street, Wem, Shropshire, SY4 5AF. TEL: 01939 232424. FAX: 01939 235294
Whitchurch Road, Prees, Shropshire, SY13 2DG. TEL: 01948 840206. FAX: 01948 840765

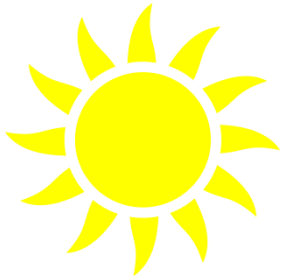
Dr J I C Bartlett * Dr P M Beresford * Dr R E Oldroyd * Dr C R Rogers
* Dr E Blunsum * Dr E Smart * Dr E Watts * Dr T Griffin

Have you checked online what is required for your destination?

Can you get the required vaccinations on the NHS for free?

Diphtheria, Tetanus, Polio, Hepatitis A, Typhoid and Cholera Vaccinations are all available on the NHS.

The NHS logo, consisting of the letters 'NHS' in white on a blue background.



Many of us like to spend time away from our busy home lives and find travelling one of the best forms of relaxation, whether you are sitting on the sand or exploring the rainforest you may be exposed to diseases we do not come across here in the UK and therefore you could require medicines or vaccinations.



Finding a local travel clinic can be time consuming and some patients may not know where to begin looking. To help eliminate unwanted stress prior to travel we have put together this information leaflet which will offer you some insight as to what to expect at a pre-travel risk assessment and where you can find a local clinic.

Pre-travel planning is not solely about vaccines, injections and tablets. Advice regarding everyday precautions and country-specific recommendations will be given during a travel health consultation to minimise health risks associated with travel.



A travel clinic will recommend you book an appointment 6-8 weeks before you travel to ensure you have sufficient time for any vaccinations you may need to become effective. Appointments can be booked to suit you and some travel clinics offer evening and weekend slots.

A travel clinic will provide –

- ❖ Pre-Travel risk assessment
- ❖ Country Specific information and advice
- ❖ Vaccinations and malaria prophylaxis
- ❖ A wide range of travel health products

Local Travel Clinics -

Boots (Pride Hill) Shrewsbury 01743 351 311
Chester 0844 939 5600
Liverpool 0151 705 3223

There are many more travel clinics you can attend, details of which can be located on the internet.

What you will need –

Before you attend a travel clinic please take time to research your destination on websites below:

<http://www.fitfortravel.nhs.uk/home.aspx>

<http://www.masta-travel-health.com/>

<http://www.gov.uk/foreign-travel-advice>

Vaccines such as Hepatitis A, Diphtheria, Tetanus and Polio (DTP) and Typhoid are available on the NHS free of charge if recommended for your country of travel. If you require NHS vaccines please arrange an appointment with a nurse.

IF YOU HAVE HAD A TRAVEL CLINIC APPOINTMENT YOU MUST BRING A PRINT OUT OF YOUR TRAVEL CONSULTATION WITH YOU TO YOUR NURSE APPOINTMENT – WITHOUT THIS A NURSE CANNOT ADMINISTER VACCINATIONS.