

## What is the Travel Clinic?

The Whiteparish Travel Clinic aims to:

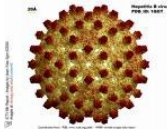
- ◆ Promote good health to travellers while abroad and advise on the potential risks to safety
- ◆ Provide up to date and relevant advice in all areas of travel risk
- ◆ Carry out a full risk assessment in relation to area of travel and expected activities
- ◆ Establish individual requirements and complete any vaccination schedules if available
- ◆ Ensure full childhood routine vaccinations are completed– Diphtheria, Tetanus and Polio.

### Why do I need to have travel vaccinations?

Injections and tablets can help your body to provide antibodies to infections you are less likely to come into contact within the UK

#### Waterborne Infections

- ◆ Hepatitis A
- ◆ Typhoid
- ◆ Cholera



#### Mosquito's

- ◆ Malaria
- ◆ Yellow Fever
- ◆ Japanese encephalitis

#### Blood

- ◆ Hepatitis B



## Tips when travelling abroad

### ◆ Sun exposure/protection

Remember the sun can be hotter abroad than at home so protect yourself with sun creams and clothes

### ◆ Food

Is not always prepared to the same standard as Britain only eat food hot or cold NOT tepid

### ◆ Water and dehydration

Water is not always fresh and clean and can carry bacteria. Check bottles are sealed when bought, It might be hotter than at home so keep drinking water regularly

### ◆ Insect bites

Bites can cause severe reactions and mosquito also carry infections other than malaria so protect against bites with creams and clothes

### ◆ Hand hygiene

Cleaning your hands with soap and water regularly can help protect you from stomach infections that can spoil your trip

### ◆ Alcohol

Too much and you can put yourself and others at risk, drink sensibly

### ◆ Coping with chronic disease

Take a good supply of regular medication for the duration of your trip and a little longer

### ◆ Thrombosis risk on flights more than 4 hrs

Keep moving ankles on the flight and drink plenty of water. Support socks are available at chemists

### ◆ Sexual health risks

Take with you British kite mark condoms and avoid using baby oil as a lubricant

### ◆ Accidents and Insurance

Think about adequate cover and repatriation

# Whiteparish Surgery



## Travel Clinic

Whiteparish Surgery  
Common Road  
Whiteparish  
Salisbury  
Wiltshire  
SP5 2SU

Telephone No: 01794 884269

Opening hours  
0830-1830 Monday—Friday

Correct as of 1st March 2016

## What do I need to do?

Please make a 30 minute appointment with a nurse at least 3 weeks before your expected departure date. The longer time pre travel the better.

It is helpful if you can bring a record of any previous vaccinations including your childhood vaccinations and an **accurate itinerary of where you will be travelling** during your trip

We suggest that you also educate yourself via books and the internet regarding the area you are travelling so that we can answer any questions you may have.

Websites:

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

[www.nathnac.net](http://www.nathnac.net)

The Nurse will plan with you a vaccination schedule and a written documentation booklet will be given for you to maintain a completed record.

**Some vaccinations need to be ordered in and will not be immediately available, these will be individually priced when ordered.**

Malaria prophylaxis will be discussed with you and ordered for your collection at the dispensary if required.

## Vaccines and medications

**Hepatitis A** – Course of 2 injections 6-12 months apart. This will then last at least 25 years in adults

**Hepatitis B** – Course of 3-4 injections the schedule can vary between 1-6 months. Once the course is completed it will last for 5 years (**Travel Clinic**)

**Typhoid** – A single injection will last for 3 years

**Rabies** – A course of 3 injections all within 28 days and will last for 3 years (**Travel Clinic**)

**Yellow Fever** – A single injection will last for 10 years (**Travel Clinic**)

**Meningitis ACWY** – A single injection will last for 3-5 years in adults (**Travel Clinic**)

**Japanese Encephalitis** – A course of 2 injections within 30 days with a booster at 1-3 years (**Travel Clinic**)

**Cholera** — An oral vaccine given as 2 doses within a 6 week period and lasts for 2 years in adults

**Tick-borne Encephalitis** – A course of 2 injections given within 3 months and a booster between 5-12 months from the 2nd dose will last for 3 years (**Travel Clinic**)

**BCG** vaccination a single injection but only given at specialist centres

**Anti-malarial medicine** - individually tailored to countries, areas and exposure risk but only lasts for the duration of the trip.

## Travel vaccination charges

Some vaccinations are available on the NHS and are therefore free of charge.

However, the majority of travel vaccinations and all malaria medications incur a charge as they are not available on the NHS and need to be paid for before administration at dispensary.

### Price List

Private Prescription charge £15.00

Anti-malarial medication—prices are varied as it depends on the type of medication for the area travelled.

Where courses of injections are required you will need to attend a **Private Travel Clinic** and will be advised by the nurse during your consultation.

Where BCG vaccination is recommended a referral will be required to Salisbury Hospital.

All prices are subject to change and cancellation charges may apply.

**Please bring to appointment any records of previous injections**