

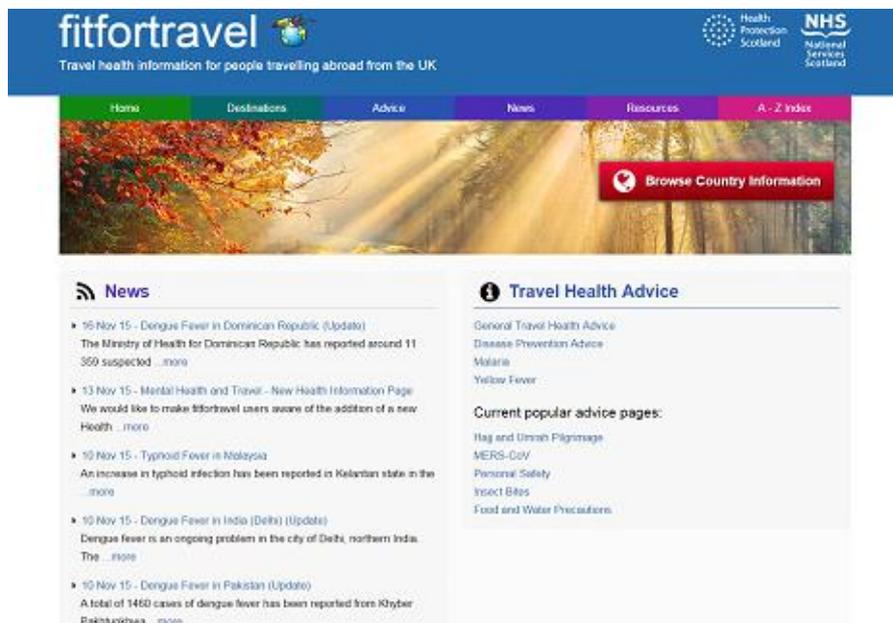
Travel appointment information

Booking holidays abroad require a considerable amount of preparation for an individual travel health assessment. It is important to **PLAN AHEAD**, contact the surgery **at least 8 weeks before your departure** to ascertain which immunisations you may need. Remember some immunisations take several weeks to give adequate protection & some malaria tablets need to be taken up to 3 weeks before your trip.

We need to perform a risk assessment before deciding which vaccines are recommended and the advice that will best address your needs.

Therefore please ensure you do the following:

1. Complete the travel form accurately or it will be returned to you.
2. It would help us greatly if you had some awareness of the travel health problems that you may be at risk from during your trip before you come for your appointment.
3. Before you attend for your appointment please go to one of the following websites, print off and read the information for the country you are visiting and bring it to the appointment with you. (Further websites are listed on page 7).
4. Ensure you have read pages 4 – 7 prior to your appointment.
 - Not all travel immunisations are provided on the NHS and you may need to attend a Private Travel Clinic for some of your immunisations depending on your itinerary.
 - Malaria prescriptions are **NOT** available on the NHS and incur a private prescription charge.
 - If you wish the form to be posted to you please supply an A5 sized SAE.



- www.fitfortravel.nhs.uk
- www.nathnac.org
- www.fco.gov.uk

We look forward to seeing you and helping you to travel safely

Didcot Health Centre
IMMUNISATIONS FOR FOREIGN TRAVEL
PRIVATE AND CONFIDENTIAL

*Please complete a separate form for each person travelling in your party and submit to the surgery. Ensure you have completed the form correctly or it will be returned to you. Allow **5 working days before** collecting this form. Please read any information sheets **prior** to your appointment.*

Name:		Date of Birth:	
Address:		Tel No:	
Postcode:		Mobile:	
Travel Details (Check Atlas and Country Specific Online Resources (e.g. www.nathnac.org))			
DATE OF DEPARTURE:		DURATION OF TRAVEL:	
Countries To be Visited:	Exact Location Or Region:	City, Rural or Urban	Length of Stay
Have you taken out travel insurance for this trip ? Yes / No			
TYPE OF TRAVEL AND PURPOSE OF TRIP (Please Tick All That Apply)			
<input type="checkbox"/> Holiday	<input type="checkbox"/> Staying In Hotel	<input type="checkbox"/> Backpacking	
<input type="checkbox"/> Business Trip	<input type="checkbox"/> Cruise Ship Travel	<input type="checkbox"/> Camping/Hostels	
<input type="checkbox"/> Volunteer Work/Student Exchange Year	<input type="checkbox"/> Safari	<input type="checkbox"/> Adventure	
<input type="checkbox"/> Healthcare Worker	<input type="checkbox"/> Pilgrimage	<input type="checkbox"/> Diving or Altitude	
<input type="checkbox"/> Volunteer Worker	<input type="checkbox"/> Medical Tourism	<input type="checkbox"/> Visiting Friends/Family	
Any additional information relevant to your trip?			
PLEASE SUPPLY DETAILS OF YOUR PERSONAL MEDICAL HISTORY			
	Yes	No	DETAILS
▪ Any allergies including food, latex, medication etc.			
▪ Any reactions to vaccines previously given			
▪ Any operations in the past, including having your spleen or thymus gland removed			
▪ Recent chemotherapy/radiotherapy or organ transplant			
▪ Anaemia, bleeding/clotting disorders (including history of DVTs)			
▪ Disability or rheumatology (joint) conditions			
▪ Epilepsy/seizures			
▪ Gastrointestinal (stomach complaints)			
▪ Liver or kidney problems			
▪ Long term conditions: heart disease (e.g. angina, high blood pressure), diabetes, respiratory (lung) disease			
▪ Immune system conditions e.g. spleen problems, HIV/AIDS			
▪ Mental health issues (including anxiety/depression)			
Women only:			
▪ Are you pregnant or breast feeding?			
▪ Are you planning a pregnancy now or while away?			
Are you currently taking any medication? (include prescribed contraceptive pill or over the counter medicines or supplements)			

PATIENT TO COMPLETE		NURSE TO COMPLETE		
Disease Protection	Date of previous vaccine	Vaccines Recommended	Cost of Vaccine	Further Information
BCG (Tuberculosis)				Private Travel Clinic
Hepatitis A			No charge	
Hepatitis B			£35 per vaccine*	Usually a course of 3 vaccines is required (total payable in advance)
Cholera				Private Travel Clinic
Japanese B Encephalitis				Private Travel Clinic
Meningitis ACWY				Private Travel Clinic
Measles, Mumps and Rubella (MMR)				
Rabies (3 injections over 1 month or booster dose)			£160 per course*	Usually a course of 3 vaccines is required (total payable in advance)
Tetanus			No charge	
Diphtheria				
Polio				
Tick Borne Encephalitis				Private Travel Clinic
Typhoid			No charge	
Yellow Fever				Available at Woodlands Surgery 01235 517760 or Private Travel Clinic

Please note: Cash payment will be required at the time of booking the first appointment

Patient Signature:	Date:
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Please bring any travel vaccination record cards to your appointment

For Official Use: Nurse to complete	
Malaria Prevention Advice and Malaria Chemoprophylaxis	
<input type="checkbox"/> Chloroquine & Proguanil	<input type="checkbox"/> Chloroquine
<input type="checkbox"/> Atovaquone & Proguanil (Malarone)	<input type="checkbox"/> Doxycycline
<input type="checkbox"/> Mefloquine	<input type="checkbox"/> Buy from Pharmacy
	<input type="checkbox"/> Private prescription (£15 charge)
Weight of child for malaria chemoprophylaxis: Kg or StLbs	
<input type="checkbox"/> Malaria advice leaflet given	<input type="checkbox"/> Not required
Further information:	
Patient to make an appointment with the nurse for vaccination for.....	
First appointment should beweeks prior to date of travel.	
Authorisation for Patient Specific Direction (PSD) Use	
Name	Signature Date.....
Nurse completing form	
Name	Signature Date.....

TRAVEL ADVICE LEAFLET

This leaflet is designed to remind you of some of the information the nurse will give you when you visit for your travel appointment. PLEASE READ IT! The information will help you to stay healthy on your trip.

WATER

Diseases can be caught from drinking contaminated water, or swimming in it. Unless you KNOW the water supply is safe where you are staying, ONLY USE (in order of preference)

1. Boiled water
2. Bottled water or canned drinks
3. Water treated by a sterilising agent.
4. Babies bottles should be made with 'still water' and **NOT** mineral water as this contains high levels of salt

This advice includes ICE CUBES in drinks and water for CLEANING YOUR TEETH.

SWIMMING

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, **AVOID SWIMMING** in fresh water LAKES and STREAMS. You can catch a parasitic disease called SCHISTOSOMIASIS from such places. This disease is also known as BILHARZIA. It is wise **NEVER TO GO BAREFOOT**, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

FOOD

Contaminated food is the commonest source of many diseases abroad. You can help prevent it by following these guidelines:

- ONLY EAT WELL-COOKED FRESH FOOD
- AVOID LEFTOVERS and REHEATED FOODS
- ENSURE MEAT IS THOROUGHLY COOKED
- EAT COOKED VEGETABLES, AVOID SALADS
- ONLY EAT FRUIT YOU CAN PEEL
- NEVER DRINK UNPASTEURISED MILK
- AVOID ICE-CREAM and SHELLFISH
- AVOID BUYING FOOD FROM STREET VENDOR'S STALLS

Another source of danger/disease is ALCOHOL! If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

Two phrases to help you remember:

1. COOK IT, PEEL IT, OR LEAVE IT!
2. WHEN IN DOUBT, LEAVE IT OUT!

PERSONAL HYGIENE

Many diseases are transmitted by what is known as the 'faecal-oral' route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. If not available – use wipes.

TRAVELLERS DIARRHOEA

The **MOST COMMON ILLNESS** that you will be exposed to abroad and there is **NO VACCINE AGAINST IT!** Travellers' diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

High risk areas include North Africa, sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.

Medium risk areas include the northern Mediterranean, Canary Islands and the Caribbean Islands.

Low risk areas include North America, Western Europe and Australia

You can certainly help **prevent** travellers' diarrhoea in the way you **behave** - make sure you follow the food, water and personal hygiene guidelines already given.

Travellers' diarrhoea is 4 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger if the illness is **DEHYDRATION**, and this, if very severe, can kill if it is not treated. **TREATMENT** is therefore **REHYDRATION**. In severe cases and particularly in young children and the elderly, commercially prepared rehydration solution is extremely useful. This can be bought in tablet or sachet form at a chemist shop e.g. **DIORALYTE®** or **ELECTROLADE®**. (**Dioralyte Relief®** is a new formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions with bottled water.

ANTI DIARRHOEAL TABLETS can be used for adults but should **NEVER** be used in children under 4 years of age, and only on prescription for children aged 4 to 12 years. Commonly used tablets are **IMODIUM®** and **LOMOTIL®**.

None of these tablets should ever be used if the person has a temperature or blood in the stool.

DO CONTACT MEDICAL HELP IF THE AFFECTED PERSON HAS:

- A temperature
- Blood in the diarrhoea
- Diarrhoea for more than 48 hours (or 24 hours in children)
- Becomes confused

In very special circumstances, antibiotics are used for diarrhoea, but this decision should only be made by a doctor.

(A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used - refer to your 'pill' information leaflet. If using condoms, use products with the British Kite Mark.)

HEPATITIS B and HIV INFECTION

These diseases can be transmitted by

1. Blood transfusion
2. Medical procedures with non sterile equipment
3. Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)
4. Sexual contact. Sexually transmitted diseases are also transmitted by no. 4)
5. Sharing razors, caution if visiting local barber shops.

WAYS TO PROTECT YOURSELF

- Only accept a blood transfusion when essential
- If travelling to a developing country, take a sterile medical kit
- Avoid procedures e.g. ear, body piercing, tattooing and acupuncture
- Avoid casual sex, especially without using condoms

REMEMBER - excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

INSECT BITES

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime.

AVOID BEING BITTEN BY:

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear light coloured clothes, long sleeves, trousers or long skirts.
- Using insect repellents (containing **DEET** or eucalyptus oil base) on exposed skin, clothes can be sprayed with repellents too. Impregnated wrist and ankle bands are also available. Check suitability for children on the individual products.
- If room is not air conditioned, but screened, close shutters early evening and spray room with knockdown insecticide spray. In malaria regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water; these are common breeding areas for mosquitoes etc.
- Electric insecticide vaporisers are very effective as long as there are no power failures!
- Electric buzzers, garlic and vitamin B are ineffective.

MALARIA

If you are travelling to a malaria country, the travel nurse will have given you a separate leaflet with more details, please read it.

REMEMBER: malaria is a serious and sometimes fatal disease.

ANIMAL BITES

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain. There are 3 rules regarding rabies:

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin or bitten in a country which has rabies, wash the wound thoroughly with soap and running water for 5 minutes.
3. Seek medical advice IMMEDIATELY, even if you have been previously immunised.

ACCIDENTS

Major leading causes of death in travellers are due to swimming and traffic accidents. You can help prevent them by taking the following precautions:

PRECAUTIONARY GUIDELINES

- Avoid alcohol and food before swimming
- Never dive into water where the depth is uncertain
- Only swim in safe water, check currents, sharks, jellyfish etc
- Avoid alcohol when driving, especially at night
- Avoid hiring motorcycles and mopeds
- If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
- Use reliable taxi firms, know where emergency facilities are

INSURANCE COVER

- Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service if needed is extremely expensive
- If you have any pre existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly
- If you travel to a European Union country, make sure you have obtained an EHIC card before you travel (including a photocopy of the original form). The EHIC application form is in the T7 leaflet from a Post Office. Telephone: Post Office 090 7707 8370 or EHIC 0871 208 0040 or by applying online at **www.ehicard.org**. This takes time to obtain and it is recommended you apply in advance. Additional travel insurance is still advised

AIR TRAVEL

It is sensible on any long haul flight to:

- Be comfortable in your seat
- Exercise your legs, feet and toes while sitting, every half an hour or so and take short walks whenever feasible. Upper body and breathing exercises can further improve circulation
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration

Further information can be obtained from the Department of Health website detailed below with more specific advice and information on travel-related deep vein thrombosis.

SUN AND HEAT

Sunburn and heat-stroke cause serious problems in travellers, but in the long term damage to the skin due to sun exposure and can lead to skin cancer. There is no such thing as a safe suntan but the following advice should be taken.

PRECAUTIONARY GUIDELINES

- Increase sun exposure gradually, 20 minutes limit initially
- Use sun blocks of appropriate adequate 'SPF' strength but a minimum of SPF 15. Children under years should have a minimum **SPF 25 and babies under 6 months should be kept out of the sun at all times**
- TAKE SPECIAL CARE of CHILDREN and those with pale skin/red hair
- Reapply sun creams often and always after swimming and washing. Read manufacturer
- Wear protective clothing – sunhats, T shirts and sunglasses, etc
- Avoid going out between 11am - 3pm, when the sun's rays are strongest
- Drink extra fluids in a hot climate
- Be aware that alcohol can make you dehydrated

Useful websites

Skin Cancer Information and Sun Protection Advice: www.sunsmart.org.uk

MASTA (Medical Advisory Service for Travellers Abroad): www.masta-travel-health.com

Scottish NHS public travel site: www.fitfortravel.scot.nhs.uk

National Travel Health Network and Centre: www.nathnac.org

Foreign and Commonwealth Office: www.fco.gov.uk

NHS Choices – healthcare abroad: www.nhs.uk/nhsengland/Healthcareabroad/pages/Healthcareabroad.aspx

Blood Care Foundation: www.bloodcare.org.uk

NHS advice on travel-related deep vein thrombosis: www.nhs.uk/Livewell/travelhealth/Pages/PreventingDVT.aspx

Sun factor calculator: http://www.boots.com/en/What-is-the-right-sun-protection-for-me_1001349/

Government information on the European Health Insurance Card: www.gov.uk/guidance/foreign-travel-insurance

Private travel clinics

Oxford Private General Practice Oxford Travel Clinic The Manor Hospital Beech Road Headington Oxford OX3 7RP	Tel: 0203 131 6403 www.citydoc.org.uk/travel-clinic-oxford
MASTA See website for address of nearest branches	Tel: 0330 100 4200 www.masta-travel-health.com
CityDoc - Reading 7 School Road Tilehurst Reading RG31 5AR	Tel: 0203 131 6403 http://www.citydoc.org.uk/citydoc-reading
The Hospital for Tropical Diseases Travel Clinic 2 nd Floor Mortimer Market Capper Street Off Tottenham Court Road London WC1E 6JB	Tel: 020 3456 7891 www.thehtd.org
Fleet Street Travel Clinic 29 Fleet Street London EC4Y 1AA	Tel: 020 7353 5678 www.fleetstreetclinic.com/services/travel-clinic/
Trailfinders Travel Clinic 194 Kensington High Street London W8 7RG	Tel: 020 7938 3999 www.trailfinders.com/travel-clinic
Nomad Travellers Store Travel Clinics See website for details of clinics nationwide	Tel: 0134 155 5061 www.nomadtravel.co.uk/