

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. Allow 72 working hours **before** collecting this form.*

Name:	Date of Birth:	
Address:	Tel No:	
	Mobile:	
Countries to be visited (exact dates please)	Departure Date	Return date

Reason for travel (*please circle*): **1.** Package Holiday **2.** Work/Business **3.** Backpacking/Trekking **4.** Cruise
5. Jungle Areas **6.** Stop-overs **7.** Staying with family **8.** Other (specify)

Will you be away from medical aid for more than 72 hours?	YES	NO
Are you allergic to Neomycin or Streptomycin?	YES	NO
Are you currently receiving chemotherapy/radiotherapy treatment?	YES	NO
Are you currently taking antibiotic/corticosteroid medication?	YES	NO

Completed by (name): Date:

Please note there is a professional fee for some immunisations which is payable by CASH ONLY at the time of your appointment (cheques & credit cards are not accepted).

Disease Protection	Date of Last Injection (if known)	Recommended by Nurse	Fee
TETANUS DIPHTHERIA POLIO (combined injection)			No charge
TYPHOID			No charge
HEPATITIS A (primary dose effective for 1 year, a booster at 6-9 months provides cover for 20 years)			No charge
HEPATITIS B (not normally required for short holidays)			£100.00 for course
MENINGITIS ACWY			£40.00
RABIES			£140.00 for course
JAPANESE ENCEPHALITIS			Available at private travel clinic: Manor Hospital, Oxford (tel: 01865 767150)
TICKE BORNE ENCEPHALITIS			
YELLOW FEVER			<i>Certification is required for some African and South American countries. This is NOT available at Didcot Health Centre. Please contact a private travel clinic (see above), or Woodlands Medical Centre, Didcot (tel: 0844 4778664)</i>

MALARIA: Prescriptions for malaria tablets are not available on the NHS – this will be discussed at your appointment

Malaria Prophylaxis			
Paludrine & Chloroquine			Purchase at Pharmacy
Mefloquine			£10 charge for private prescription, plus cost of the tablets (payable at the pharmacy)
Malarone			
Doxycycline			

If you are travelling to a country where malaria is common AVOID BEING BITTEN – use insect repellents containing DEET. The nurse will give you specific information regarding your malaria tablets.

Please book an appointment with the Practice Nurse weeks before travelling.

PLEASE BRING YOUR COMPLETED FORM TO YOUR APPOINTMENT

Checked by nurse: Date:

- | | | |
|---------------------------------|--|--------------------------|
| ACTION BY RECEPTIONISTS: | Completed form to Travel Imms Tray (fax to/from AMC?) for completion by PN | <input type="checkbox"/> |
| ACTION BY PNs: | Upon completion by PN, copy to PT (for scanning) | <input type="checkbox"/> |
| ACTION BY RECEPTIONISTS: | Seal original in envelope for pt collection/Receptionist to book appt | <input type="checkbox"/> |

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:

- Cover 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.
- Use 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 malarious 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 malarious 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 08712080040 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

Boots the Chemist have a useful sun factor calculator where individual details can be entered & the appropriate SPF then calculated www.boots.com/features/feature.jsp?articleId=1002032 <http://www.cancerresearchuk.org/sunsmart/> is also very good

The Foreign Office provide a travel advice information service on CEEFAX page 470 (BBC 2).

Interesting web site addresses and further information:

MASTA- www.masta.org/healthbrief details on your destination requirements for a small charge.

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/knowbeforeyougo

Department of Health - www.dh.gov.uk

Immunisation issues – www.immunisation.nhs.uk

Malaria for the general public – www.malariahotspots.co.uk

Blood Care Foundation – www.bloodcare.org.uk

DOH for advice on Travel Related Deep Vein Thrombosis - www.doh.gov.uk/dvt/

The Foreign Office provide a travel advice information service on CEEFAX page 470 (BBC 2).

HAVE A VERY HAPPY AND HEALTHY TRIP!