**NORTH HOUSE SURGERY TRAVEL CLINIC.**

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**This leaflet is intended to provide guidance for planning foreign travel from a health perspective. You will need access to a computer if you do not have access to a computer please contact the Travel Nurse at the surgery. (01765 690666).**

**IMMUNISATIONS.**

**Make sure you plan your travel vaccinations well in advance you generally need to start vaccinations 6-8 weeks before travelling.**

**HOW TO PLAN YOUR TRAVEL IMMUNISATIONS.**

**Step 1**

 **Visit www. Travel health pro**

**To find out if you need vaccinations or malaria prophylaxis for your destination simple type in your destination. If visiting more than one country you will need to put in each individual country.**

**Steps 2**

**The website will tell you which vaccinations are mandatory, which are strongly recommended, and ones you may wish to consider. IT IS UP TO YOU TO DECIDE WHICH VACCINATIONS YOU WOULD LIKE TO HAVE.**

**Step 3**

**When you have decided on your vaccinations you will need to ring the surgery to book a telephone appointment with the nurse and she will go through your travel plans with you.**

**Please be aware some vaccinations are free on the NHS, others you will have to pay for, reception can advise you on this. Antimalarial medicines are not free.**

**Useful Internet Sites**

* National Travel Health Network and Centre [www.nathnac.org](http://www.nathnac.org)
* Department of Health www.gov.uk/government/organisations/department-of-health
* Foreign and Commonwealth Office [www.gov.uk/government/organisations/foreign-commonwealth-office](http://www.gov.uk/government/organisations/foreign-commonwealth-office)
* Public Health England [www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)
* Guidelines for malaria prevention in travellers from the UK [www.malaria-reference.co.uk](http://www.malaria-reference.co.uk)
* TRAVAX [www.travax.nhs.uk](http://www.travax.nhs.uk)
* Fit for Travel [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)
* NHS Choices for advice on travel (in live well section) [www.nhs.uk](http://www.nhs.uk)