



THE THREE SHIRES MEDICAL PRACTICE

Colerne, Marshfield, Pucklechurch and Wick Surgeries

NEW FROM JANUARY 2018

THREE SHIRES MEDICAL PRACTICE: ADVICE FOR TRAVELLERS

As you will be aware, GP surgeries are working under increasing pressure and have to prioritise the services they provide. We have offered a full travel service free of charge until recently, but as the surgery receives no funding for this and it is very time consuming, regrettably it has been withdrawn.

We will therefore no longer offer private travel vaccinations, malaria tablets or a full travel assessment service.

To ensure that you stay as healthy as possible on your travels, please follow these simple steps instead:

- 1 At least three months before departure contact a high street travel clinic.** We suggest:

Nomad: www.nomadtravel.co.uk 01341 555061

STA Travel: www.statravel.co.uk 0117 3290204

The Medical: www.themedical.co.uk 0117 3763732

Masta at Hathaway Clinic, Chippenham <http://www.hathawaysurgery.co.uk> 01249 454540

BMI Bath Clinic: www.bmihealthcare.co.uk 01225 835555

To obtain your vaccinations, book an appointment at a high street travel clinic (e.g., Nomad, Masta or STA Travel). There will be a charge. If you prefer to have all your vaccinations done at these clinics, they can also give the NHS vaccinations but they will charge for these as well.

- 2 Alternatively, visit the NHS Fit for Travel website at www.fitfortravel.nhs.uk.**

This gives all the information you need to identify any vaccines advised for trips abroad. Sometimes a course of up to three vaccinations will need to be given over the course of several weeks.

Select the country you are visiting from the **'destinations'** box on the left and read the **'Advice for all travellers'** information, following links in blue.

This will give you detailed information about health risks abroad such as insect bites, sun-exposure, contaminated food and drink. Advice is also given about visas and health insurance.

Note the **'Courses or boosters usually advised'** and check your vaccination history to see if you are up-to-date with the recommended vaccines. If you are unsure of when you had any previous vaccinations and/ or don't have a record of your immunisations/vaccinations at home, ask your surgery for a printout of your vaccination history. You should keep a copy of this.

Check the **'vaccinations sometimes advised'** section as certain destinations and activities may need additional vaccinations, for example if you are back-packing, away for more than 4 weeks, visiting unusual locations or in a special situation such as working in health care projects or with animals.

Read the information about **malaria**, (if this is an issue where you are going), and follow the '**precautions**' link. If anti-malaria tablets are advised for your destination, there will be a link to a '**malaria map**' which will show the details of the risk for your destination.

The site will also indicate which anti-malaria tablets are effective in that region:

- If proguanil and/or chloroquine are advised, these can be bought over the counter at a High Street pharmacy or Travel Clinic after a short consultation. The pharmacist can give you more advice.
- If Atovaquone/proguanil (Malarone) or doxycycline or mefloquine (Lariam) are recommended, read through the information carefully, and go to a high street travel clinic to buy your supply.

These need to be started before entering a malaria area, continued during the trip, and for a period of time after leaving, so you need plan ahead. We also advise you to take your itinerary and dates with you to work out how many you need to buy.

Read the entire section '**other health risks**' which contains further up-to-date information about your travel destination, including current outbreaks, risks, etc.

- 3 The Practice will ONLY be able to offer a limited list of vaccines free of charge, these are listed below. These must be administered by a nurse in a specific travel appointment at the surgery.**

6 weeks' notice is required and appointments are subject to availability

Vaccines available:

Diphtheria, tetanus & polio (combined) – booster required every 10 years (for travel purposes only)

Hepatitis A - if you have previously had two vaccinations, you are covered for 25 years (from the 2nd dose)

Typhoid - booster required every 3 years (for travel purposes only)

Cholera medication is also available on the NHS, but is not commonly required.

Please be aware that it is not good for the immune system to have unnecessary vaccinations or more frequently than is recommended.

If you wish to have any of the vaccinations provided on the NHS, ask your surgery for a **Three Shires Travel Risk Assessment Form** or **download it from our website**, complete it and leave with reception. A nurse will check it and you will be contacted with an appropriate appointment. Please **print out the relevant Fit for Travel information** to bring with you to your appointment.

It is your responsibility to ascertain which vaccinations (and, if relevant, anti-malaria tablets) you need, and also to inform yourself fully of recommended travel safe precautions.

It is your responsibility to ensure your complete vaccination history is up to date and recorded; therefore please inform your surgery of any vaccinations given at a travel clinic.

TRAVEL SAFELY AND ENJOY YOUR HOLIDAY!