**TRAVEL HEALTH PACK**

Please find enclosed a copy of your vaccination history.

Look online at [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk) at the country information for the place you are travelling to. This will tell you which vaccinations you require and whether you need medication to help prevent malaria. Alternatively you can ask your travel agent for this information.

The vaccinations detailed below are provided by the NHS and are available at Arthur Medical Centre. If you need them for your destination and haven’t had them within the time frame specified, contact reception on 01332 880249 and they will book you an appointment with a Practice Nurse. We can only guarantee to provide this service **6 weeks or more prior to travelling**. If you are travelling sooner than this you will need to go to a travel clinic. We are unable to recommend a particular clinic, but many larger pharmacies now offer this service, or an internet search will provide you with details.

If malaria tablets are required, in most cases these can be purchased over the counter at your local pharmacy. Occasionally there may be a medical reason why a pharmacy cannot supply you with malaria medications, in which case our Nurse Prescribers may be able to provide a private prescription for which reception can organise you an appointment (please specify the reason for the appointment to ensure correct booking). **Please note** - **it is cheaper to purchase these medications over the counter compared to a private prescription, so please do try a pharmacy first.**

For any other required vaccines not listed below as offered by the NHS you will need to attend a travel clinic.

**TRAVEL VACCINATIONS PROVIDED BY THE NHS AT ARTHUR MEDICAL CENTRE:**

Tetanus, Diphtheria and Polio – you need to have had at least 5 of these vaccinations in total, but if you haven’t had one within the last 10 years you will also need a booster. The childhood immunisation programme includes these vaccines so it is likely that you will have had the initial doses but they may not be on this printout if you were born before 2006.

Hepatitis A – if you have had 2 of these vaccinations, provided there was a minimum gap of 6 months between them, you have lifetime cover, regardless of how long ago these were.

Typhoid – required every 3 years.

Measles, Mumps and Rubella – sometimes required for travel if you have not already had two doses of the vaccine. [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk) will advise.

**Please note – there is no typhoid vaccine available for children under 2 years old, and no Hepatitis A vaccine for under 1 year olds. Therefore if you have chosen a destination requiring these your child will have to travel unprotected.**

**TAKING MEDICATION ABROAD**

For advice on travelling with medication please see this website [www.nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad/](http://www.nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad/) and also www.travelhealthpro.org.uk/factsheet/43/medicines-and-travel