

MORLAND HOUSE SURGERY
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TRAVEL HEALTH INFORMATION LEAFLET

If you are planning to travel outside the UK you may find that you need to be vaccinated against some serious diseases found in other parts of the world. Travelling to exotic destinations leads to exposure to diseases that are less likely to exist at home and for which we have no natural immunity, neither are we routinely vaccinated against them in the UK. These diseases include:

- Insect-borne conditions such as malaria
- Diseases acquired from eating and drinking such as Hepatitis A
- Diseases acquired from other people or conditions caused by poor hygiene such as Hepatitis B
- Diseases acquired directly from animals such as Rabies

Some countries require you to have an International Certificate of Vaccination before you enter, for example Saudi Arabia requires proof of meningitis vaccination for visitors arriving for the Hajj or Umrah pilgrimages.

Many tropical countries in Africa and South America will not accept travellers from an area where the Yellow Fever disease occurs, unless the traveller can prove that they have been vaccinated against it.

You don't always need vaccinations to travel abroad; it will depend on which country you are visiting and what your planned activities are. Please visit the following websites for information on recommendations for the area that you are travelling to:

- <https://travelhealthpro.org.uk/>
- <http://www.fitfortravel.nhs.uk/>

Vaccination courses need to be planned as some involve a course of injections that can take up to six months to complete. It is important that you plan your vaccination needs well in advance of travel so that you get the full level of protection and at the right time.

If you think that you will need vaccinations before you travel we ask that you try to book your appointment with the travel nurse well in advance of your departure date, at least 6-8 weeks before travel.

Please note: *Morland House Surgery is only able to provide vaccinations that are available on the NHS.* This includes Diphtheria, Tetanus & Polio, Hepatitis A, and Typhoid. We will also check that you are up to date with the recommended UK Schedule for immunisations.

Private vaccinations, such as Hepatitis B, Rabies, Yellow Fever, Japanese Encephalitis and Tick Borne Encephalitis are only available at Private Travel Clinics and you will need to make your own arrangements if you think you need any of these vaccinations.

Things to consider when planning what vaccinations you may need for your trip

- In general you will be more at risk of disease in rural areas than in urban areas, and if you are backpacking, spending a lot of time outdoors and staying in hostels or camping, you may be more at risk than if you are on a package holiday and staying in a hotel that has access to safe drinking water and hygiene facilities.
- The longer your stay, the greater your risk of being exposed to diseases.

- Some diseases are more common in certain parts of the world than in other countries and some at certain times of the year, for example in the rainy season.
- Aid workers and medics working abroad are more at risk of disease
- Your age and your health may increase your vulnerability to infection and in some cases some vaccinations cannot be given to people with certain medical conditions.

Vaccination schedules

Vaccine		Schedule	Protection
Hepatitis A	NHS	2 doses, Day 0 and 6-12 months after 1st dose	1 dose of vaccine provide protection for 12 months
Typhoid	NHS	1 dose	3 years protection
Diphtheria, tetanus and polio	NHS	1 dose	Every 10 years if at risk
<i>Hepatitis B**</i>	Private	<i>3 doses, Day 0, 1mth and 6 months after 1st dose Accelerated schedule, day 0, 7, 21, booster at 12mths *</i>	<i>Lifelong protection but booster may be required for certain individuals</i>
<i>Rabies</i>	Private	<i>3 doses required Day 0,7,21-28</i>	<i>Booster every 10 years may be required for some</i>
<i>Yellow Fever</i>	Private	<i>1 dose</i>	<i>Life</i>
<i>Meningitis ACWY</i>	Private	<i>1 dose</i>	<i>3-5 years</i>
<i>Japanese B Encephalitis</i>	Private	<i>2 doses—Day 0 and 28</i>	<i>1 year if at continued risk</i>
<i>Tick-borne Encephalitis</i>	Private	<i>3 doses—Day 0, 1-3mths, after 1st dose, 5-12mths after 2nd dose</i>	<i>Booster after 3 years if at continued risk</i>
<i>Cholera</i>	Private	<i>2 doses—1 week apart</i>	<i>2 years</i>

* Vaccination schedules may be different for children

**In certain circumstances we may be able to offer Hep B as an NHS service.

Protection against malaria – There is no vaccination available against malaria and protection is gained through a combination of avoidance of mosquito bites and the use of antimalarial tablets. Tablets have to be started before entering the malaria zone, and continued during your stay and for some days or weeks after leaving the area. The recommended tablets regime varies by area.

Children and Travel— Children and young adults are generally more liable to become ill while travelling than older adults in terms of travel related illness attack rates. It is essential that knowledge and awareness of risks and how to avoid them are clearly explained.

Pregnancy and Breastfeeding -Speak to the Practice Nurse before having any vaccinations if you are pregnant, think you might be pregnant, or are planning pregnancy or breastfeeding.

People with Immune Deficiencies- for some people travelling overseas, vaccination against certain diseases may not be advised.

Private Travel Clinics – Please look for details of Private Travel Clinics via the internet as there are many available in Oxfordshire and the surrounding area.