

## **TRAVEL ADVICE**

**Please complete the attached Travel Advice questionnaire and return it to reception. The receptionist will then book you an appointment to see the Nurse.**

If you are planning to travel please allow plenty of time – some vaccines need to be given up to two months in advance.

Ideally we need to see you at least **2 months** prior to your departure to ensure that you are fully protected by the time you leave the UK.

***There will be a charge for certain travel vaccines, and some anti-malaria tablets require a Private prescription, which attracts a charge of £15. This will be discussed at your appointment with the Nurse. Vaccines available free on the NHS include Diphtheria/Tetanus/Polio, Hepatitis A, Typhoid.***

Travellers to more **unusual destinations or have a complex travel itinerary** may be advised to contact the Medical Service for Travellers Abroad (MASTA) [www.masta-travel-health.com](http://www.masta-travel-health.com) who will provide you with written expert advice specifically for your trip. Once you have received the advice, please contact one of the practice nurses who will advise whether the practice will be able to administer these vaccines and to make appointments where appropriate. If we are unable to obtain the vaccines you will be required to attend a local MASTA Clinic, details are available on the website.

### **Travelling in Europe**

If you are travelling to Europe the EU has published useful information for travellers on the [https://europa.eu/european-union/life/travel-tourism\\_en](https://europa.eu/european-union/life/travel-tourism_en)

### **Travel Advice**

All the latest travel advice including safety and security, travel requirements, travel warnings and health are available on the Foreign Office Website.

<https://www.gov.uk/foreign-travel-advice>

**Last minute travellers: - Travellers of 3 weeks or less from departure date will be given the next available appointment with the nurse. You may not gain adequate protection from the vaccines.**

**Please retain this sheet for your information.**