

## Travel Health Plan

Our practice nurse team offers a travel health advice service to all patients specific to individual travel needs.

The travel advice offered includes recommended vaccinations, malarial advice and prescriptions where necessary. In addition, information re health problems that might occur, specific to destination/type of holiday intended, is discussed.

We would be grateful for as much information as possible in order that we can provide comprehensive advice. A useful travel website is: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

Vaccinations may require more than one dose to be given prior to travel, and if courses are not completed in advance of departure, effective protection may not be gained. Some vaccines may need three weeks between them, in order to be fully effective once given. Eight weeks prior to travelling is usually long enough to seek appropriate advice. No more than two injections are given on the same day where possible.

**In some cases we may not be able to offer an appointment prior to departure and we would therefore recommend that advice be sought from other travel clinics. A list of these clinics is available upon request.**

### **Please complete the following:**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Daytime Contact Telephone Number \_\_\_\_\_

Departure Date \_\_\_\_\_ Return Date \_\_\_\_\_

Destination/s \_\_\_\_\_

(include all countries to be visited, areas within countries, lengths of stay in each area with route plan and any stopovers.)

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## **Downing Street Group Practice**

(Downing Street Surgery)

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[www.downingstreetsurgery.co.uk](http://www.downingstreetsurgery.co.uk)



### **Type of Holiday (tick)**

- |  |  |
|--|--|
| <input type="checkbox"/> Package within resort             | <input type="checkbox"/> Safari                  |
| <input type="checkbox"/> Package with trips outside resort | <input type="checkbox"/> Adventure Holidays      |
| <input type="checkbox"/> Backpacking                       | <input type="checkbox"/> Business Trip           |
| <input type="checkbox"/> Trekking                          | <input type="checkbox"/> Visiting Family/Friends |

### **Type of Accommodation**

### **LEAFLETS / DISCUSSIONS REQUIRED SURGERY USE ONLY**

- Safe Food and Water
- Malarial Protection
- Side Effects Malarial Prophylaxis
- Fit for Flying / DVT Risk
- Sun / Sex / Accidents
- Hep A / B / AIDS / HIV
- Travel Insurance / E111
- Medical Kit
- Oral Contraceptive Pill Seven Day Rule
- Medicines
- Insulins
- Altitude
- Flu / Pneumovax
- Contact Airline Company
- Contact with animals / rabies / toxoplasmosis
- Malarial Hotline Advice Required?
- GP appointment necessary?



PATIENTS NAME						DATE OF BIRTH						
TYPE	LAST HAD	NEEDS	DATE AND SIGNATURE WHEN GIVEN									COMMENT
			Day 0	Day 7	Day 21	Day 28	2 Months	3 Months	6 Months	1 Year	Booster Date	
Tetanus												Combined
Polio												
Diphtheria												
Typhoid												
Hepatitis A												
Combined Hepatitis A / Typhoid												
Hepatitis B 0,1 month, 6 months												Blood test to check immunity 8-12 weeks post third vax.
Hepatitis B (ACC) 0,7,21 days, 1yr												
Twinrix												
Mengivac ACWY												
Rabies 0,7,28, (2-3yrs)												
Japanese B Encephalitis			<b>Not given at Downing Street</b>									Refer
Tick Borne Encephalitis												Refer
Yellow Fever												Refer
BCG												Refer
Other												
Patients Signature												

Payments for vaccines, where necessary, must be complete on day of vaccine. Cash or cheque with banker's card accepted. NO CREDIT CARDS. **PLEASE NOTE THAT THERE MAY BE CHARGES FOR VACCINES**