

SEA MILLS SURGERY

TRAVEL VACCINATION INFORMATION SHEET

Please complete this form and return it to reception. The form will be checked by one of our Practice nurses and a member of reception will contact you to arrange an appointment (if necessary) within the next few days. If possible, complete this form at least 8 weeks before your planned departure. A separate form should be completed for each person travelling.

Surname _____

Date of birth _____

First name _____

Contact Tel No. _____

1. Please list the countries to be visited, including any stopovers

Date of departure	Country to be visited	Cities ? Yes / No	Rural ? Yes / No	Coast ? Yes / No	Length of stay

2. Do you have any ongoing medical conditions ? YES / NO
(we should have a record of most important conditions on your computer notes, but please remind the nurse/doctor about these at your appointment.)

3. Are you taking steroids ? YES / NO

4. Do you take any other medications regularly ? YES / NO

5. Do you have any allergies to medicines or vaccines ? YES / NO

6. Are you pregnant ? YES / NO

7. If you can remember which vaccines you have had in the past, please enter details below.

Vaccination	Date given	Vaccination	Date given	Vaccination	Date given
Tetanus		Meningitis		Rabies *	
Polio		Diphtheria		Hepatitis B *	
Typhoid		Yellow fever *		Hepatitis A *	

* please note that you may require more than one visit. You may have to go elsewhere for certain vaccines and there may be a charge for some vaccines.

For Nurses use :-

Is appointment required YES / NO

If YES, how soon ? _____

Single / Double * (delete)

What vaccinations are required :- _____

Is there a charge for vaccines ? YES / NO.

If YES, how much ? _____

For Reception use :-

Date/time of appointment : - _____

Pass form back to Treatment room once appointment made / information given

SEA MILLS SURGERY - Travel advice sheet

Useful contact details including local travel clinics for vaccinations that your GP is unable to provide:

Nomad Travel advice	www.nomadtravel.co.uk
Travel advice website	www.fitfortravel.scot.nhs.uk
Masta Travel Clinic (Downend)	www.masta.org tel : 0845 6580744
UBHT Travel Clinic	0117 9284848
Whiteladies Health Centre (Yellow fever)	0117 9731201
Falcondale Road Surgery (Yellow fever)	0117 9623406

General travel advice :-

Sun protection

- Avoid the midday sun (11am - 2pm)
- Wear a broad rimmed hat
- Use a high protection sun cream (at least factor 15,25 for fair skin)
- Drink plenty of non-alcoholic drinks to stop dehydration
- Remember you can even burn in the shade
- Babies and old people are particularly at risk of sunburn

Malaria

- Avoid getting bitten by using a good insect repellent (like DEET) and burning mosquito coils in the room
- Cover up with long sleeved/long-legged clothing after dark when the mosquitos tend to bite. Consider a mosquito net around your bed
- Take anti-malaria tablets STARTING BEFORE YOU LEAVE and continuing AFTER ARRIVING HOME (check the exact instructions with your pharmacist)
- Anti-malaria tablets do not give complete protection. If you develop flu like illness, consult a doctor and ask "could this be malaria?"

Food poisoning

- Wash hands before eating
- For drinking and brushing your teeth, use only boiled, sterilized or bottled water
- Avoid ice in your drinks
- Make sure all food is well cooked and avoid pre-prepared salads
- Peel fruit before eating or wash it with bottled/sterilized water

Rabies

- Do not stroke animals, especially stray or wild animals
- If you are bitten, clean the cuts and see a doctor urgently. You will need an injection to stop rabies developing
- If you are going to a remote area or will be working with animals, you can be vaccinated before you go

Don't forget to book travel insurance and to take a basic first aid kit

ENJOY YOUR TRIP !