# TRAVEL VACCINATION CONSULTATION PACK

Dear Patient

**We require all completed travel forms a minimum of 8 weeks before your date of departure and wish to inform you that we are unable to offer travel appointments inside of this time.**

**Less than 8 weeks before you travel?**

Alternative Travel services can be found by googling ‘Travel clinics Sheffield’.

Please be aware that costs and service can vary when choosing your alternative travel service.

We can provide a copy of your vaccination history for your information, please request if needed.

**8 Weeks or More before you travel?**

The enclosed/attached Travel form requires completing in full and returning to the practice 8weeks before your date of travel.

* The Information provided will then be assessed by a nurse and your medical records will be accessed to provide your past immunisations status, medical history and identify any areas of discussion.

**We cannot consult on any country not included on the submitted travel form, full information is required in advance of the travel consultation.**

* Following the background checks specific to your trip, a member of the nursing team will contact you asking you to book a travel appointment. This could be face to face or telephone depending on your travel requirements.

The other information enclosed is for your information and you are required to read the information prior to your appointment.

Enclosed:

* List of Travel Fees
* Travel Health advice Leaflet
* Travel risk assessment form (to complete)
* Notice of Agreement (to complete)

**It is a requirement that you sign to confirm that you have read the information provided and accessed the websites** [**https://www.gov.uk/government/organisations/foreign-commonwealth-development-office**](https://www.gov.uk/government/organisations/foreign-commonwealth-development-office) **and** [**https://travelhealthpro.org.uk/countries**](https://travelhealthpro.org.uk/countries) **for trip specific travel information.**

**Please note due to the complexity and constantly changing travel advice around COVID 19 we are unable to advise on this area of travel. Information can be found on the government travel website** [**https://www.gov.uk/government/organisations/foreign-commonwealth-development-office**](https://www.gov.uk/government/organisations/foreign-commonwealth-development-office) **and it is your responsibility to follow the correct guidance for your specific destination.**

Yours Sincerely,

**TRAVEL FEE’S**

Charges, Schedules, Information & Immunity

|  |  |  |  |
| --- | --- | --- | --- |
| **VACCINE**  | **CHARGE** | **OTHER INFORMATION** | **Expected Immunity Once primary Course Complete** |
| Diptheria/Tetanus/Polio | NHS Funded | Single dose | 10yrs |
| MMR (Measles, Mumps, Rubella) | NHS Funded | X2 doses 4wks apart | Life |
| Hepatitis A | NHS Funded | X2 doses 6-12months apart | 25yrs |
| Typhoid | NHS Funded | Single dose | 3yrs |
| Cholera | NHS Funded | X2 doses 1-6wks apart**Nil by Mouth 1hr before and after vaccine****Must be kept in a fridge**  | 2yrs |
| Hepatitis B | These will need to be ordered in, so the prices will vary, please enquiry with the nurse  | Rapid Schedule x4 doses 0,7,21 days and 12 months | Life - unless in specific clinical risk group. |
| Rabies | These will need to be ordered in, so the prices will vary, please enquiry with the nurse | Rapid Schedule x4 doses 0,3,7 days and 12 months | Boost only if travel assessed as continued or high risk. |
| Japanese Encephalitis | These will need to be ordered in, so the prices will vary, please enquiry with the nurse | 0 & 28 days. | Boost only if travel assessed as continued or high risk. |
| Meningitis ACWY | These will need to be ordered in, so the prices will vary, please enquiry with the nurse | Single Dose | 5yrs |
| Tick Borne Encephalitis | These will need to be ordered in, so the prices will vary, please enquiry with the nurse | Rapid Schedule for short-term protection x3 doses 1st 0, 2nd dose can be given 2 weeks after 1st dose, 3rd dose 5-12 months after 2nd dose  | 3yrs |
| Yellow Fever | You would need go to a private travel clinic for this  | Single Dose including Certificate | Life.Certificate valid 10 days post vaccination. |
| Anti-Malarials | Please request from local Pharmacy  |

**PLEASE NOTE**

* Payment for any course of vaccinations will be required **IN FULL** prior to appointments being booked.
* Vaccines will not be ordered prior to payment to prevent wastage and any vaccinations requiring payment will require additional appointments.
* Please check the immunisation schedules next to the vaccinations to ensure you can commit to the course.

**Payment is by cash at reception.**

As this service falls outside the NHS remit, we will endeavour to give you the required number of appointments prior to your departure, but this may not always be possible as our NHS appointments must take priority.

**Travel Health Advice Leaflet**

The following information will help you to stay healthy on your trip.

Please make sure you read it and follow any appropriate advice for your trip.

**Deep vein thrombosis (DVT) or pulmonary embolism (P.E.)**

Venous thromboembolism (deep vein thrombosis or pulmonary embolism) can occur as a result of long periods of immobility associated with any form of travel.

The risk of venous thromboembolism (VTE) for most travellers is low. For a flight > 4 hours, in healthy individuals, the risk is estimated to be 1 in 6,000. The risk increases with longer duration of travel and with multiple flights within a short period. The risk of pulmonary embolism is much lower.

Some travellers are at increased risk e.g. older travellers, pregnant women, those with a previous history of VTE or recent surgery, those with certain blood clotting disorders, malignancy, certain heart conditions and those taking oestrogen containing medicines (see risk for travellers section).

To reduce the risk of VTE, travellers should regularly mobilise their legs (walk when possible or flex and extend the ankles to encourage blood flow from the lower legs).

Those at increased risk of VTE should seek advice from their health care provider and consider the use of properly fitted compression socks. Low molecular weight heparin therapy may also be recommended. (<https://travelhealthpro.org.uk/factsheet/54/venous-thromboembolism>)

**WATER**

Diseases can be caught from drinking contaminated water, or swimming in it.

Unless you know the water supply is safe where you are staying,

ONLY USE (in order of preference)

1. Boiled water

2. Bottled water or canned drinks

3. Water treated by a sterilising agent.

This includes water used to make ice cubes in drinks and water for cleaning your teeth

**SWIMMING**

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. This disease is also known as Bilharzia. It is also wise never to go barefoot, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

 **FOOD**

Contaminated food is the commonest source of many diseases abroad. You can help prevent illness by following these guidelines for advice on consuming food and beverages:

|  |  |  |  |
| --- | --- | --- | --- |
| **Category** | **SAFE** | **PROBABLY SAFE** | **UNSAFE** |
| **Beverages** | * Carbonated soft drinks
* Carbonated water
* Boiled water
* Purified water (iodine or chlorine)
 | * Fresh citrus juices
* Bottled water
* Packaged (machine -made ice)
 | * Tap water
* Chipped ice
* Unpasteurized milk
 |
| **Food** | * Hot thoroughly grilled, boiled
* Processed and packaged
* Cooked vegetables and peeled\* fruits
 | * Dry items
* Hyperosmolar items (such as jam and syrup)
* Washed vegetables and fruit
 | * Salads
* Sauces and ‘salsa’
* Uncooked seafood
* Raw or poorly cooked meats
* Unpeeled\* fruits
* Unpasteurized dairy products
* Cold desserts
 |
| **Setting** | Recommended restaurants | Local homes | Street vendors  |
| **Reference**: Ericsson CD. Prevention of Travelers Diarrhea in: Keystone J, Freedman D, Kozarsky P, Connor B and Nothdurft H. Eds. Travel Medicine 3rd Edition. Saunders, an imprint of Elsevier Inc; 2013. p. 191 -196 |

\***Peeled** fruits for example bananas: **Unpeeled** fruits for example, raspberries, strawberries.

Another source of calories is alcohol! If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

**PERSONAL HYGIENE**

Many diseases are transmitted by what is known as the ‘faecal-oral’ route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

**TRAVELLERS’ DIARRHOEA**

This the **most common illness** that you will be exposed to abroad and there is **NO vaccine against it.**  Diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

**High risk areas** include North Africa, sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.

**Medium risk areas** include the northern Mediterranean, Canary Islands and the Caribbean Islands.

**Low risk areas** include North America, Western Europe and Australia

You can certainly help **prevent** travellers’ diarrhoea in the way you **behave** - make sure you follow the food, water and personal hygiene guidelines already given.

**What is travellers’ diarrhoea?**

Travellers’ diarrhoea is 3 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger of the illness is **dehydration**, and this, if very severe, can kill if it is not treated. **Treatment** is therefore **rehydration**. In severe cases and particularly in young children and the elderly, commercially prepared rehydration solution is extremely useful.

**Travel well prepared**

A good tip is to take oral rehydration solutions with you. These can be bought over the counter in a chemist shop, available in tablet or sachet form — for example:

**DIORALYTE or ELECTROLADE or DIORALYTE RELIEF.** (The latter is a formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions. Take care regarding their use in very small children and seek medical advice where necessary.

**Anti diarrhoeal tablets** can be used for adults but should NEVER be USED in children under 4 years of age, and only on prescription for children aged 4 to 12 years. Commonly used products are loperamide and bismuth subsalicylate – ask you pharmacist for advice about them.

**None of these tablets should ever be used if the person has a temperature or blood in the stool.**

**Do contact medical help if the affected person has:-**

* A temperature
* Blood in the diarrhoea
* Diarrhoea for more than 48 hours (or 24 hours in children)
* Becomes confused

In some circumstances, antibiotics are used as a standby treatment for travellers’ diarrhoea. Such medication is not usually available on the NHS in anticipation of you being ill when away and needs to be prescribed. A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used - refer to your ‘pill’ information leaflet. If using condoms, take a supply of good quality ones with you which are CE approved.

**HEPATITIS B and HIV INFECTION - these diseases can be transmitted by**

* Blood transfusion
* Medical procedures with non-sterile equipment
* Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)
* Sexual contact — Sexually transmitted infections or STIs are also transmitted this way

**Ways to protect yourself**

* Only accept a blood transfusion when essential
* If travelling to a resource poor country, take a sterile medical kit
* Avoid procedures e.g. ear and body piercing, tattooing & acupuncture
* Avoid casual sex, especially without using condoms

**Remember!** Excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

**SEXUAL HEALTH RISK**

During travel people often feel ‘free’ from their normal lives and habits and change their behaviour patterns. Having sex with a new or casual partner whilst travelling is not uncommon and is often unplanned. Sex during travel is often unprotected (sex without a condom). Sex without a condom increases the risk of travellers catching sexually transmitted infections (STIs).

**Sex Tourism and sex workers**

Sex abroad is not always unplanned. Sex tourism is when people travel for the purpose of buying sex and both men and women travel for this reason. This often involves sex workers in countries that have high rates of STIs including [HIV](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/blood-borne-virus-infections-including-hiv), [hepatitis B](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-b) and [hepatitis C](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/blood-borne-virus-infections-including-hiv).

In some countries, particularly in Asia and South America, you may be openly propositioned by commercial sex workers. These are often countries where STIs, especially among sex workers are common. Additionally, in some cultures business travellers may be offered hospitality that includes sex workers. Unprepared travellers may be taken unawares and participate in risky behaviour that they would not consider at home.

**Sexually Transmitted Infections**

STI's can be caught during vaginal, anal or oral sex.

Some of the more common STIs include:

* chlamydia
* gonorrhoea
* trichomoniasis
* genital warts
* genital herpes
* pubic lice
* scabies
* syphilis
* [blood borne viruses](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/blood-borne-virus-infections-including-hiv) (hepatitis B, hepatitis C and HIV)

STI's, even if they cause no symptoms can cause longer term problems such as infertility and cancer, and can be passed to sexual partners. Certain STI's can be passed to a baby during pregnancy and childbirth.

The majority of STIs can be diagnosed quickly and easily treated.

Further information on STIs and symptoms including patient information leaflets on specific STIs are available from:

* [The British Association of Sexual Health and HIV](https://www.bashh.org/pils)
* [NHS (England)](https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/)
* [NHS Inform](https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive)

**Sexual Health Risk Reduction**

The best way to prevent STIs is to have safer sex. For detailed information please see The British Association for Sexual Health and HIV (BASHH) [Guide to Safer Sex](https://www.bashh.org/public/safer-sex-advice).

Take condoms with you when you travel, even if you aren’t planning to have sex. Excess alcohol and recreational drugs can increase your likelihood of having unprotected sex.

You should use a condom for vaginal, anal or oral sex.

* As reliable condoms may be difficult to find in some countries you should take condoms with the British Kite Mark with you.
* Latex condoms are easily damaged by oil based lubricants e.g. Vaseline, baby oil and suntan lotion.
* Non-latex condoms can be used if you or your partner has a latex allergy (or if using creams or treatments that damage latex condoms).
* Condoms perish with age, and heat, and you should discard them if they are out of date or show any signs of being brittle, sticky or discoloured.
* If used perfectly, a condom reduces the likelihood of you catching and passing on STIs but it does not guarantee that you will not catch an STI.
	+ For detailed information on condom use please see [The BASHH Guide To Condoms](https://www.bashh.org/public/condoms/).

**Vaccination**

Although the majority of STIs cannot be prevented through vaccination, some can be. Vaccines are available to help prevent:

* [Hepatitis A](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-a)
* [Hepatitis B](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-b)
* [HPV](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/human-papillomavirus-hpv) (Human Papilloma Virus)

These should be discussed with you during a travel consultation.

**Contraception**

Unprotected sex may also lead to unplanned pregnancies. Before travelling all travellers should consider:

* If your current contraception is suitable for your intended travel, preventing both unplanned pregnancy and STIs.
* How you or your partner would access emergency contraception while abroad.

Information is available on the fitfortravel [contraception](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/contraception) page.

**Sexual Health Screening**

If you have had a new sexual partner whilst travelling, you should get a sexual health screen.

Your local sexual health clinic can be located on the following websites:

* England, [NHS](https://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic)
* Northern Ireland, [Sexual Health NI](https://www.sexualhealthni.info/gum-clinics-northern-ireland)
* Scotland, [NHS Inform](https://www.nhsinform.scot/scotlands-service-directory/sexual-health-clinics)
* Wales, [NHS111 Wales](https://111.wales.nhs.uk/LocalServices/?s=sexualhealth)

**Sexual Assault and Rape**

Sexual assault and rape can happen to anyone, of any age and background.

[The Foreign, Commonwealth and Development Office](https://www.gov.uk/government/publications/rape-and-sexual-assault-abroad-returning-to-the-uk) (FCDO) has reported increasing numbers of travellers, both male and female, seeking consular assistance following sexual assault and rape.

Please see the [Sexual Assault and Rape](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/personal-safety#Sexual) section of the [Personal Safety](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/personal-safety) page for more detailed advice and information.

**INSECT BITES**

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever & zika virus. Some bite at night, but some during daytime so protection is needed at all times.

**Avoid being bitten by:**

* Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear loose fitting clothes, long sleeves, trousers or long skirts.
* Use insect repellents on exposed skin. (DEET containing products are the most effective. A content of up to 50% DEET is recommended for tropical destinations). Clothes can be sprayed with repellents too or clothing specific sprays .g. permethrin. Check suitability for children on the individual products. If using sunscreen always apply first, followed by an insect repellent spray on top.
* If room is not air conditioned, but is screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
* Electric insecticide vaporisers are very effective as long as there are no power failures!
* There is **no scientific evidence** that electric buzzers, savoury yeast extract, tea tree oil, bath oils, garlic and vitamin B are effective.
* Homeopathic and herbal medications should NEVER be used as an alternative to conventional measures for malaria prevention.

**ZIKA**

There is currently no vaccine or drug to prevent Zika virus infection. The majority of Zika virus cases are acquired via mosquito bite, although sexual transmission of Zika virus infection can occur.

**Pregnancy**

Zika virus infection in women who are pregnant or planning to get pregnant can result in serious birth defects. Although the probability of a foetus developing complications resulting from Zika infection is low, the impact of these complications, should they occur, are very serious. Travel advisories are therefore focussed on pregnant women, their partners and couples planning pregnancy.

Before booking travel, pregnant women and couples considering pregnancy within 3 months following travel should check the Zika risk for their destination.

Couples should follow guidance and avoid conception while travelling and for 3 months on return.

**Prevention**

Travellers should use mosquito bite avoidance measures if they are travelling in countries or areas below or around 2,000 metres (m). All travellers should take insect bite avoidance measures during daytime and night time hours to reduce the risk of infection with Zika and other mosquito borne diseases.

**MALARIA**

Malaria is a disease spread by mosquitoes, there is no vaccine yet available. If you are travelling to a malarious country, the travel adviser will have given you a separate leaflet with more details, please read it. Remember malaria is a serious and sometimes fatal disease. If you develop flu like symptoms, including fever, sweats, chills, feeling unwell, headaches, muscle pains, cough, diarrhoea – then seek medical help immediately for advice and say you’ve been abroad. This is VITAL, don’t delay.

Remember the ABCD of malaria prevention advice:

**A**wareness of the risk

**B**ite prevention

**C**hemoprophylaxis (taking the correct tablets)

**D**iagnosis (knowing the symptoms and acting quickly)

**ANIMAL BITES**

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain.

**THERE ARE 3 RULES REGARDING RABIES**

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin, scratched or bitten by an animal in a country which has rabies, wash the wound thoroughly with soap and running water for 10 - 15 minutes, then apply an antiseptic solution if possible e.g. iodine or alcohol. Such precautions also apply if you are licked by the animal with their saliva coming into contact with your eyes or inside your mouth (essentially any mucous membranes)
3. Seek medical advice **IMMEDIATELY**, even if you have been previously immunised, **this is absolutely essential**

**ACCIDENTS**

Major leading causes of death in travellers abroad are due to **accidents**, predominantly road traffic accidents and swimming/water accidents. You can help prevent them by following sensible precautions

**PRECAUTIONARY GUIDELINES**

* Avoid alcohol and food before swimming
* Never dive into water where the depth is uncertain
* Only swim in safe water, check currents, sharks, jellyfish etc.
* Avoid alcohol when driving, especially at night
* Avoid hiring motorcycles and mopeds
* If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
* Use reliable taxi firms, know where emergency facilities are

**PERSONAL SAFETY AND SECURITY**

The Foreign and Commonwealth Office (FCO) provide excellent information about this. They have information for many different types of travel and also advise on travel to specific destinations in times of political unrest and natural disasters. Please go to their website for more information at

<https://www.gov.uk/government/organisations/foreign-commonwealth-office>

**INSURANCE COVER**

* Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service is extremely expensive if needed.
* If you have any pre existing medical conditions, make sure you inform the insurance

company of these details and check the small print of the policy thoroughly.

* If you travel to a European Union country, make sure you have obtained an EHIC card before you travel which takes some time to obtain. Further information about the EHIC is found at <https://www.nhs.uk/nhsengland/healthcareabroad/ehic/pages/about-the-ehic.aspx>
* Please note, additional travel insurance is still advised even if you have an EHIC card.

 **AIR TRAVEL**

It is sensible on any long haul flight to be comfortable in your seat. Exercise your legs, feet and toes

While sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing

exercises can further improve circulation. Drink plenty of water and be sensible about alcohol intake

which in excess leads to dehydration. Further information can be obtained from the websites detailed at the end of this leaflet with more specific advice and information on travel-related deep vein thrombosis.

**CLIMATE CONSIDERATIONS**

**Sun and Heat**

Sunburn and heat-stroke cause serious problems in travellers but in the long term can be a serious cause of skin cancer. There is no such thing as a safe suntan, but the following advice should be taken:

PRECAUTIONARY GUIDELINES

• Increase sun exposure gradually, with a 20 minute limit initially.

• Use sun blocks which contain both UVA and UVB protection and sufficient sun protection factor (SPF) and a minimum of SPF 15. Children under 3 years should have a minimum of SPF 25 and babies under 6 months should be kept out of the sun at all times. Reapply often and always after swimming and washing. Read manufacturer instructions

• Always apply sunscreen first followed by an insect repellent spray on top

• Wear protective clothing – sunhats, T shirts and sunglasses etc.

• Avoid going out between 11am - 3pm, when the sun’s rays are strongest

• Take special care of children and those with pale skin/red hair

• Drink extra fluids in a hot climate

• Be aware that alcohol can make you dehydrated

Travellers going on high altitude excursions, treks or expeditions must research thoroughly, plan and prepare carefully (in some instances may include physical training) well in advance of travel, particularly if inexperienced in high altitude travel.

**Altitude**

Travellers going on high altitude excursions, treks or expeditions must research thoroughly, plan and prepare carefully (in some instances may include physical training) well in advance of travel, particularly if inexperienced in high altitude travel.

Consider;

* Sun Protection
* Cold Protection
* Acclimatisation

**Here are some examples of interesting website addresses for more information:**

|  |  |
| --- | --- |
| **Name/description** | **Web address**  |
| * **Easy to access resources in one place from Jane Chiodini** (author of this leaflet)
 | [www.janechiodini.co.uk/news/help/tar](http://www.janechiodini.co.uk/news/help/tar) |
| * **Fit for Travel** - Scottish NHS public travel site for general advice on all aspects of travel and country specific information, including malaria maps
 | [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)  |
| * **NaTHNaC** - National Travel Health Network and Centre England based, with similar information to above
 | <http://travelhealthpro.org.uk/> |
| * **NHS Choices** – look at travel health in the ‘A-Z’ section and also travel health in the ‘Live Well’ section (these are both different). Excellent general website also.
 | [www.nhs.uk](http://www.nhs.uk)  |
| * **FCO** - Foreign & Commonwealth Office, especially useful for safety and security and specific pages for types of travellers, e.g. gap year, responsible tourism. Also look at ‘Our Publications’
 | www.gov.uk/government/organisations/foreign-commonwealth-office  |
| * **Sunsmart** - is the Cancer research website providing information about skin cancer and sun protection advice
 |  [www.sunsmart.org.uk](http://www.sunsmart.org.uk)  |
| * **Travel health products** to take away with you – these are just a small selection of many resources available. Please note the Village Medical Centre is not endorsing such items, merely providing information.
 | [www.lifesystems.co.uk](http://www.lifesystems.co.uk) [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) [www.safariquip.co.uk](http://www.safariquip.co.uk) [www.travelpharm.com](http://www.travelpharm.com)  |
| * **Medex** – Useful advice booklet on ‘travelling at high altitude’
 | [www.medex.org.uk](http://www.medex.org.uk)  |
| * **Medic Alert®** - life-saving identification system for individuals with hidden medical conditions and allergies
 | [www.medicalert.org.uk](http://www.medicalert.org.uk)  |
| * **Kids Travel Doc™** - a paediatrician’s guide to travel and outdoor recreational activities
 | [www.kidstraveldoc.com](http://www.kidstraveldoc.com)  |
| * **Diabetes UK** – information specific for those with diabetes who wish to travel – go to ‘Guide to diabetes’ then to the ‘living with diabetes’ section then go to ‘travel’
 | [www.diabetes.org.uk](http://www.diabetes.org.uk)  |
| * **Global travel clinic locator** from the International Society of Travel Medicine
 | [www.istm.org](http://www.istm.org)  |
| * **IAMAT** – International Association for Medical Assistance to Travellers (IAMAT)
 | [www.iamat.org/doctors\_clinics.cfm](http://www.iamat.org/doctors_clinics.cfm)  |
| * **Google translate** – Free online translation service
 | <http://translate.google.com>  |

**Have a good, but safe and healthy trip!**

This travel information was collated using information from;

<https://www.janechiodini.co.uk/tools/>

<https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/sexual-health-risks>

<https://www.gov.uk/guidance/zika-virus-travel-advice>

<https://travelhealthpro.org.uk/factsheet/54/venous-thromboembolism>

**TRAVEL RISK ASSESSMENT FORM** – to be completed by traveler prior to appointment.

|  |  |
| --- | --- |
| Name: | Your country of origin: |
| Date of birth: |
| Male □ Female □ |
| E mail: | Telephone number:Mobile number: |
| **PLEASE SUPPLY INFORMATION ABOUT YOUR TRIP IN THE SECTIONS BELOW** |
| Date of departure: | Total length of trip: |
| **COUNTRY TO BE VISITED** | **EXACT LOCATION OR REGION** | **CITY OR RURAL** | **LENGTH OF STAY** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| Have you taken out travel insurance for this trip? Do you plan to travel abroad again in the future? |
| **TYPE OF TRAVEL AND PURPOSE OF TRIP - PLEASE TICK ALL THAT APPLY** |
| □ Holiday □ Staying in hotel □ Backpacking Additional information□ Business trip □ Cruise ship trip □ Camping/hostels□ Expatriate □ Safari □ Adventure□ Volunteer work □ Pilgrimage □ Diving□ Healthcare worker □ Medical tourism □ Visiting friends/family |
| **PLEASE SUPPLY DETAILS OF YOUR PERSONAL MEDICAL HISTORY** |
|  | **YES** | **NO** | **DETAILS** |
| Are you fit and well today |  |  |  |
| Any allergies including food, latex, medication |  |  |  |
| Severe reaction to a vaccine before |  |  |  |
| Tendency to faint with injections |  |  |  |
| Any surgical operations in the past, including e.g. yourspleen or thymus gland removed |  |  |  |
| Recent chemotherapy/radiotherapy/organ transplant |  |  |  |
| Anaemia |  |  |  |
| Bleeding /clotting disorders (including history of DVT) |  |  |  |
| Heart disease (e.g. angina, high blood pressure) |  |  |  |
| Diabetes |  |  |  |
| Disability |  |  |  |
| Epilepsy/seizures |  |  |  |
| Gastrointestinal (stomach) complaints |  |  |  |
| Liver and or kidney problems |  |  |  |
| HIV/AIDS |  |  |  |
| Immune system condition |  |  |  |

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|  |  |  |  |
| --- | --- | --- | --- |
|  | **YES** | **NO** | **DETAILS** |
| Mental health issues (including anxiety, depression) |  |  |  |
| Neurological (nervous system) illness |  |  |  |
| Respiratory (lung) disease |  |  |  |
| Rheumatology (joint) conditions |  |  |  |
| Spleen problems |  |  |  |
| Any other conditions? |  |  |  |
| **Women only** |
| Are you pregnant? |  |  |  |
| Are you breast feeding? |  |  |  |
| Are you planning pregnancy while away? |  |  |  |
| Have you undergone FGM / been cut / circumcised |  |  |  |

**Are you currently taking any medication** (including prescribed, purchased or a contraceptive pill)?

|  |
| --- |
| **PLEASE SUPPLY INFORMATION ON ANY VACCINES OR MALARIA TABLETS TAKEN IN THE PAST** |
| Tetanus/polio/diphtheria |  | MMR |  | Influenza |  |
| Typhoid |  | Hepatitis A |  | Pneumococcal |  |
| Cholera |  | Hepatitis B |  | Meningitis |  |
| Rabies |  | Japaneseencephalitis |  | Tick borneencephalitis |  |
| Yellow fever |  | BCG |  | Other |
| Malaria Tablets |

**Any additional information**

Travel risk assessment form devised by Jane Chiodini © 2012 in conjunction with resources below.

1. Chiodini J, Boyne L, Grieve S, Jordan A. (2007) *Competencies: An Integrated Career and Competency Framework for Nurses in Travel*

*Health Medicine*. RCN, London.

2. Field VK, Ford L, Hill DR, eds. (2010) *Health Information for Overseas Travel*. National Travel Health Network and Centre, London, UK.

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**Notice of Agreement**

I agree that I have read the enclosed travel health advice leaflet **□**

I agree that I have read the information on the government websites advised NathNac & FCDO **□**

I acknowledge that I will not be advised on COVID 19 travel guidance and it is my responsibility to follow government advice for my specific travel plans □

Signed ……………………………………………………………………………………………………….

Print Name ………………………………………………………………………………………………..

Date ………………………………………………………………………………………………………….