

A SIMPLE GUIDE FOR TRAVEL VACCINATIONS

VACCINE NAME	AGE GROUPS	WHEN TO BOOST
Hepatitis A	1 year & over	Ideally 6 to 12 months.
Typhoid	From 18 months	3 years
Hepatitis B (course of 3/4 required)	From birth upwards	Individuals at continuing risk of infection should be offered a single booster dose of vaccine, once only, around 5 years after primary immunisation. Measurement of anti-HB levels is not required either before or after this dose.
Meningitis	2 years & over	5 years
Rabies (course of 3)	Any age but careful risk assessment under 1 year	If continued risk at 1 year, then 3-5 yearly. If intermittent risk, boost after 2 years
Stamaril (Yellow Fever)	Over 9 months	10 years
Cholera (2 doses, 1 week apart from 6 years; 3 doses, min 1 week apart in 2-6 year olds)	2 years and over	2 years in age 6 to adult. 6 months in 2-6 year olds.
Diphtheria, Tetanus, Polio (course of three)	From 2 months	1st booster 3-5 years 2nd booster 10 years after first booster

The Rycote Practice Thame Health Centre



TRAVEL ADVICE SHEET

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The UK population takes millions of trips abroad every year, most of which pass without any kind of incident. However, it is important to remember that outside the UK you are less likely to be familiar with local conditions and risks. The support which you could freely get in the UK may not be available or may be very expensive. A few simple precautions taken before you travel may ensure a safe and healthy trip.

Accidents

Commonly road traffic accidents and swimming/water accidents are major leading causes of death among travellers abroad.



Sensible precautions include:

- Avoid alcohol and food before swimming;
- Never dive into water where the depth is uncertain;
- Only swim in safe water, check currents, presence of sharks, jellyfish, etc;
- Never drink and drive;
- If hiring a vehicle, avoid motorcycles and mopeds and select cars which are well maintained;
- Do your homework, e.g. use reliable taxi firms, know where emergency facilities are.

Insurance cover, personal safety and security

- Always ensure you take out insurance adequate to cover all your needs including medical repatriation in the event of serious illness.
- Tell the insurance company if you have any pre-existing medical conditions – this is vital to guarantee all your medical needs are catered for.

Safe sun advice



To prevent sunburn, heat stroke and skin cancer, consider these guidelines:

- Avoid going out between 11am – 3pm, when the sun's rays are strongest;
- Use an appropriate 'SPF' suncream, i.e. SPF 15 and above;
- Wear protective clothing (e.g. hats, sunglasses, long sleeves) especially for children and those with pale skin/red hair colouring;
- Drink extra fluids in a hot climate and be aware that alcohol can make you dehydrated.

A useful website is <http://cancerresearchuk.org/sunsmart/>

Air travel

It is sensible on any long haul flight to:

- 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. For further information see the following website: <http://www.medinfo.co.uk/conditions/dvt.html>.
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration.

Useful websites for further information:

www.fitfortravel.nhs.uk

www.nathnac.org

www.fco.gov.uk/travel

www.immunisation.nhs.uk

Malaria



This is one of the most serious diseases travellers will be exposed to when visiting a tropical country. Malaria is an infection from a parasite which occurs when an infected mosquito bites you. There are four different types and the most serious is Plasmodium falciparum which can kill you in some circumstances within 24 hours of developing the symptoms of malaria. You should receive more information about the disease when you visit your travel health professional, as well as discussing the different malaria tablets available to you.

It is essential you prevent malaria by:

- A** = awareness – being aware of whether malaria is present at your destination and how severe the risk is.
- B** = bite prevention – taking all precautions to minimise your chances of getting bitten.
- C** = chemoprophylaxis – it is essential to take the correct tablets for the area you are visiting and to complete the course.
- D** = diagnosis and prompt treatment – malaria can present like a flu-like illness, sometimes also with unexplained temperature, a cough and diarrhoea. If you get these symptoms especially in the first three months after you return but up to a year after your trip, you must go to your surgery immediately, so a malarial test can be performed.

- Always be on your guard to protect your personal safety. The Foreign and Commonwealth Office provide information about security issues within countries on www.fco.gov.uk/travel.
- Consider taking copies of your passport and insurance documents with you or having a copy available via email access. If you are travelling to Europe, take the European Health Insurance Card with you.

Food, water and personal hygiene advice



Travellers' diarrhoea is the most common illness that you will be exposed to abroad. Try to keep as hydrated as possible. Consider anti-diarrhoea medication unless you are passing blood in your stool or have a persistent fever. Remember smaller children and babies dehydrate quicker than adults.

Seek advice if diarrhoea persists or if considering any anti-diarrhoea medication for minors.

A woman on the oral contraceptive pill may not be adequately covered if she suffers diarrhoea and vomiting. Advice within the pill packet instructions should be followed.

Many diseases such as Hepatitis A can be caught from contaminated food and drink. You can help prevent it by following these guidelines:

- Unless you know the water supply is safe where you are staying, only use boiled, bottled or sterilised water, even for cleaning your teeth and avoid ice in cold drinks;
- Wash your hands after visiting the toilet, before eating or preparing food;
- Only eat well cooked fresh food;
- Avoid leftovers and reheated foods;
- Ensure meat is thoroughly cooked;

- Eat cooked vegetables, avoid salads;
- Only eat fruit you can peel;
- Never drink unpasteurised milk;
- Avoid ice-cream;
- Shellfish is a high risk food;
- Avoid buying food from street vendors' stalls as a general rule.



Diseases spread through blood and body fluids

These include diseases such as Hepatitis B, C, HIV, sexually-transmitted diseases.

Protect yourself by:

- Taking a sterile medical kit if travelling to a resource poor country;
- Avoid ear and body piercing, tattooing and acupuncture etc;
- Avoiding sharing of needles, especially for intravenous drug users;
- Avoiding blood transfusions unless absolutely essential – refer to www.bloodcarefoundation.org.uk for more information;
- Avoiding casual sex, especially without using condoms.

Animal bites

Rabies is present in many parts of the world. If a person develops rabies, death is almost 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 5 minutes at least, then apply an antiseptic solution if possible.
- 3) Seek medical advice immediately, even if you have been previously vaccinated against rabies, in order to receive post exposure vaccines.

Bite prevention

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases e.g. malaria, dengue fever, yellow fever. Some insects bite at night, but some during daytime. Avoid being bitten by:

- Applying insect repellents on exposed skin (e.g. those containing DEET or eucalyptus oil base). A content of up to 50% DEET is recommended for tropical destinations. Check suitability for children on the individual products.
- Spray your clothes with repellents.
- Cover exposed skin, e.g. long trousers, long sleeved tops, socks etc.
- If the room is not air conditioned, but screened, close shutters early evening and spray room with insecticide spray.
- In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with repellent). Avoid camping near areas of stagnant water, which are common breeding areas for mosquitoes etc.

Electric insecticide vaporisers are very effective as long as there are no power failures. Electric buzzers, garlic and vitamin B12, yeast extract etc are ineffective for bite prevention.