

# Lake Road Practice Immunisation for Foreign Travel



Name..... Tel.no.....

Address..... Date of Birth..... Age.....

Which country are you visiting?.....

Are you going to Hajj or Umrah? Yes / No

When do you leave?.....

How long are you staying there.....

Are you stopping anywhere on the journey? Yes/ No

If so, where.....

And for how long?.....

Are you staying in a hotel/private home? Yes/ No

Will you camp or sleep rough? Yes/ No

Have you any record of having been immunised against?

Tetanus	Yes/ No	When?.....
Polio	Yes /No	When?.....
Typhoid	Yes/ No	When?.....
Meningitis	Yes/ No	When?.....
Yellow Fever	Yes/ No	When?.....
Rabies	Yes/ No	When?.....
Hep A	Yes/ No	When?.....
Hep B	Yes/ No	When?.....

Have you reacted badly to any vaccines?.....

If so, which vaccine?.....

Are you allergic to any medication?.....

Any medical problems requiring regular supervision? Yes/ No

If yes, What is the problem?.....

Are you taking steroids? Yes/ No

Are you taking any other medication on a regular basis? Yes/ No

Are you pregnant? Yes/ No

Have you arranged travel insurance? Yes/ No

I confirm the above answers to be correct to the best of my knowledge and request immunisation as appropriate to my trip together with advice on anti-malarial drugs.

Patients Signature.....Date.....

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## LAKE ROAD PRACTICE



### HOLIDAY VACCINATIONS AND ADVICE FOR TRAVELLERS

Please ask at reception for a questionnaire:

- One for each person travelling
- Give full details of destination:
- The nurse will then plan your vaccinations before you see her. If there are any problems arising from your form the nurse will ring you:
- Make an appointment for each person at least 6 weeks before travel:
- If you need Yellow Fever more time is required as this needs to be organised 3 weeks before any other vaccines and it is only given at recognised centres within the Portsmouth area. There is a charge for Yellow Fever vaccine and also unusual vaccines such as Rabies but at present all other vaccines provided for travel at Lake Road are free of charge.

#### Malaria prevention:

If you are going to an area where you are at risk of being bitten by mosquitoes Malaria tablets are essential and these can be purchased at the chemist.

Mosquitoes bite after dark – tablets provide a degree of protection but it is better to avoid being bitten. Wear clothing that covers arms and legs; use insect repellent sprays. Indoors use room sprays and plug-ins. Keep windows and doors closed.

If you develop any illness during the months following your holiday seek medical advice and be sure to tell your doctor where you have been travelling.

#### General tips for safe and healthy travelling:

##### Water

Use only bottled water to drink and clean your teeth. Remember to avoid ice cubes.

##### Food

Contaminated food is the commonest cause of disease abroad. You can help to prevent it by:

- Avoiding leftovers and reheated food
- Only eat well-cooked fresh foods
- Avoiding salads
- Only eat fruit you can peel
- Avoiding ice cream
- Avoiding shellfish
- Avoiding food from street vendors

## Travellers diarrhoea

This is the most common illness you will be exposed to whilst you are abroad. There is no vaccine against it. It is caused by eating or drinking food and water that is contaminated by bacteria, viruses or parasites. You can help to minimise it by following the food and water advice already given.

## Animal bites

Avoid touching any animal including cats and dogs. If scratched or bitten wash wound with soap and running water for 5 minutes and seek medical help.

## Accidents

- Avoid alcohol before swimming.
- Never dive into water before checking depth.
- Avoid mopeds and motorcycles.
- Make sure you have adequate Insurance cover.
- Take great care in the hot sun. Use adequate sun protection, especially with children. Keep children out of the sun between 11:00am – 3:00 pm and try to make them wear sun hats.
- Drink extra fluid and be aware that alcohol may cause dehydration.

*Have a very happy and healthy trip*

**TRAVEL CLINIC – LAKE ROAD PRACTICE**

This is a specialist extra service which we offer our patients free of charge. The Travel Clinic is held on Tuesday afternoons between 2:00 – 4:00pm and appointments are limited. Please book as early as possible for maximum protection against tropical diseases.

Thank you for your co-operation

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