

LAURENCEKIRK MEDICAL GROUP.

Travel Services

Before travelling overseas, it is important to be aware of the possible health risks and how to prevent problems, or minimise the chances of them occurring. Most importantly, you should know:

- whether there are any specific health risks in the country you are travelling to for which you need to take precautions - for example, malaria
- how to avoid becoming ill when you are abroad
- what to do if you do become ill when you are abroad
- how to get emergency medical treatment when you are abroad

Unfortunately we are no longer able to offer travel services due to concentrating on core NHS care. Some vaccines are available on the NHS. If you are travelling abroad you will need to start thinking about your travel vaccinations 4-6 weeks before you're due to leave as some vaccinations can take time to become effective

You can access up to date information regarding recommended vaccinations and malaria areas on www.fitfortravel.nhs.uk/

For more information please visit the websites below:

External Websites:

Travel Illnesses and Vaccinations

www.nhs.uk/Livewell/travelhealth/pages/Travellersillnesses.aspx

Fit for Travel - www.fitfortravel.nhs.uk

Travel Health - www.nhs.uk/livewell/travelhealth/Pages/Travelhealthhome.aspx

FCO Travel Advice – www.fco.gov.uk/en/travel-and-living-abroad

MASTA – www.masta.org.uk

HOW TO PLAN YOUR TRAVEL IMMUNISATIONS WITH MASTA

- **STEP 1 – OBTAIN A FREE MASTA VACCINE CHECKER**

This is a high quality medical travel guide containing a personal travel schedule for every country on your trip. It will advise you about recommended vaccinations, give alerts and warnings for each country including any disease outbreaks, and provide tailored advice for your trip. You will receive an e-mail copy of the Brief, and if connected to a printer you can print it out immediately. You can obtain a free MASTA Vaccine Checker by going to this website:

<http://www.masta-travel-health.com/VaccineChecker>

- **STEP 2 – DECIDE ON YOUR VACCINES**

Your MASTA Vaccine Checker will tell you which vaccinations are mandatory, which ones are strongly recommended, and which ones you may wish to consider. **It is up to you** to decide which vaccinations you would like to have. If you have had travel vaccines in this surgery we will be able to give you the dates they were administered. We do not hold information on vaccines given elsewhere.

- **STEP 3 – PLAN YOUR VACCINATION SCHEDULE**

FREE NHS VACCINATIONS

Diphtheria, Tetanus, Polio, Typhoid and Hepatitis A, can all be obtained free of charge from your GP surgery.

Please let us know if you require a prescription for any of these and this can be redeemed from any pharmacy. These will be given by the practice nurse free of charge. YOU MUST MAKE AN APPOINTMENT AND BRING THE VACCINATIONS and MASTA VACCINE CHECKER WITH YOU WHEN YOU COME to this appointment. If vaccines picked up before appt, please keep your vaccine refrigerated

If your MASTA Vaccine Checker recommends other vaccinations that the surgery do not provide, you can obtain them from private travel clinics listed below:-

Travel Clinic addresses

Charles Michies Pharmacy
391 Union Street,
Aberdeen.
Tel 01224 585312.
<http://www.michies.co.uk/travelhealth> for price list

NHS Grampian Occupational Health and Travel, Foresterhill Lea, Foresterhill, Aberdeen.
Tele. No. 01224 553663

Masta Travel Clinic, 213 George Street, Aberdeen
01224 566500 or 03300 100 4093

Castlegait
Links Medical Centre
Montrose
01674 672554

Lour Road Group Practice
3 Lour Road, Forfar
01307 463122

Travel advice is also available at Michies Chemist in Laurencekirk

- **STEP 4 – ANTIMALARIAL MEDICINES**

You need to decide whether you need to take antimalarial medicine. Your MASTA Vaccine Checker will tell you what type of antimalarial medicine you need. If you are recommended to take Doxycycline, Malarone or Mefloquine these are available from a private travel clinic (see previous page). Antimalarial medicine are available without a prescription from Michies Pharmacy, High Street, Laurencekirk via a consultation with the Pharmacist.