

News from the Surgeries

Vaccinations needed for foreign travel

With the summer fast approaching, many people are already planning their holidays. If you are travelling abroad, you may be required to have vaccinations, so the following information may be helpful:

The following travel vaccinations are usually available free on the NHS:

- Diphtheria, polio and tetanus (combined booster)
- Typhoid
- Hepatitis A – including when combined with typhoid or hepatitis B
- Cholera
- These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.

Private Travel Vaccinations

(Please note: neither Eagle House or Whitecliff Surgeries provide these vaccines and the closest private clinic is at the Quarterjack Surgery in Wimborne. They also offer a drop-in clinic for people who have left it later than the required 8 weeks. Some pharmacies and other GP practices also offer this service but you will need to ask.)

You're likely to have to pay for travel vaccinations against:

- Hepatitis B when not combined with hepatitis A
- Japanese encephalitis and tick-borne encephalitis
- Meningitis vaccines
- Rabies
- Tuberculosis (TB)
- Yellow fever

Yellow fever vaccines are only available from designated centres.

The cost of travel vaccines at private clinics will vary, but could be around £50 for each dose of a vaccine. It's worth considering this when budgeting for your trip.

Malaria - If you're travelling to an area where malaria is a risk, you'll need to take [antimalarial medication](#), which you can buy over the counter at a pharmacy. If you're pregnant, ideally you should avoid travelling to an area like this.

There are several things to consider when planning your travel vaccinations, including:

- **The country or countries you're visiting** – some diseases are more common in certain parts of the world and less common in others.
- **When you're travelling** – some diseases are more common at certain times of the year; for example, during the rainy season.
- **Where you're staying** – in general, you'll be more at risk of disease in rural areas than in urban areas, and if you're backpacking and staying in hostels or camping, you may be more at risk than if you were on a package holiday and staying in a hotel.
- **How long you'll be staying** – the longer your stay, the greater your risk of being exposed to diseases.
- **Your age and health** – some people may be more vulnerable to infection than others, while some vaccinations can't be given to people with certain medical conditions.
- **What you'll be doing during your stay** – for example, whether you'll be spending a lot of time outdoors, such as trekking or working in rural areas.
- **If you're working as an aid worker** – you may come into contact with more diseases if you're working in a refugee camp or helping after a natural disaster.
- **If you're working in a medical setting** – for example, a doctor or nurse may require additional vaccinations.
- **If you are in contact with animals** – in this case, you may be more at risk of getting diseases spread by animals, such as rabies.

If you're only travelling to countries in northern and central Europe, North America or Australia, you're unlikely to need any vaccinations.

If possible, you should make your travel vaccination arrangements at least **eight weeks** before you're due to travel. Some vaccinations need to be given well in advance to allow your body to develop immunity. Some also involve multiple doses spread over several weeks.

Which travel vaccinations do I need?

You don't always need vaccinations if you're travelling abroad. It'll depend on where and when you're travelling and what activities you plan to do.

For up-to-date information on which vaccinations are recommended for different countries, see the following website:

www.fitfortravel.nhs.uk/destinations.aspx