



GREENSANDS MEDICAL PRACTICE

Essential Travel Information



Please complete a **Travel Risk Management Form** located on the Practice website under 'Patient Forms' and return to the surgery for one of our nurses to carry out a travel assessment.



www.greensands.org.uk

In addition to completing this form please access **The National Travel Health Network and Centre** <https://travelhealthpro.org.uk/> to carry out your own travel risk assessment.



Click on the country you are visiting to assess the vaccines you require.



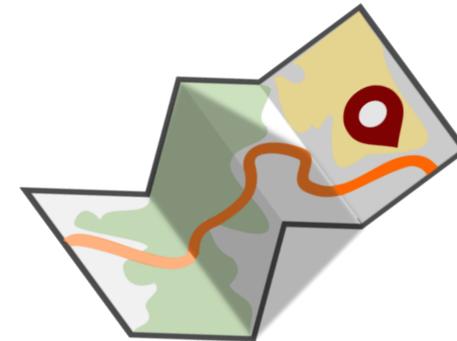
Return to the top of the page and click diseases in brief for further information.

www.medicines.org.uk/emc

For vaccine information and side effects

If you are travelling to an area which has a risk of **Malaria** we would advise you go to the **PHE website**

<https://travelhealthpro.org.uk/> and look up all the destinations you are visiting, print out the malaria maps for the country or countries, then mark on the maps where exactly you are travelling to.



This will then enable you to see your risk more clearly and help you to identify your risk within your travel plan to decide if antimalarial medication is required.

It is important to access the following information on this website;

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

General information number 4
Malaria information number 6
Rabies information number 20
Bite prevention number 23

Please ensure your contact numbers are completed fully on the travel risk form. The nursing team will use the numbers provided to contact you if you require any vaccinations.



Hep A, Tetanus, Typhoid are NHS vaccines and provided free of charge.

If you require any private vaccines please print off and complete the surgery order form on the website:

www.greensands.org.uk

and return to surgery with payment and make the appropriate appointments.

All links within this leaflet can be found on the surgery website

'Happy Travelling'

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