



Linthorpe Surgery does not offer a travel clinic for specific advice on which vaccines you may need before your trip.

For information on which vaccinations you require for your destination then please use the online checker. More information about this can be found in the section 'Which vaccinations will I need?'.

Some vaccinations are free on the NHS and we will ensure you are up to date with these after having completed the online checker.

Before you travel

Start preparing for your trip, especially long trips, 4 to 6 weeks before you go. Please read the latest health and safety advice for the country you're travelling using:

www.gov.uk/foreign-travel-advice

<https://travelhealthpro.org.uk>

You can also find out from these websites if you need travel vaccines and make sure your vaccinations are up-to-date. If you require a copy of your vaccination history you can access to your medical records for this, please see page 6 for details.

Sun protection

When choosing sunscreen, the bottle's label should have:

- the letters "UVA" in a circular logo and at least 4-star UVA protection
- at least SPF15 sunscreen to protect against UVB

Travel insurance

Whether you're off on a 6-month trek to the Himalayas or a family holiday in Spain, it's vital to have the right travel insurance. Make sure your policy covers your destination and the duration of your stay, as well as any specific activities you might do.

When travelling in Europe, make sure you have a valid European Health Insurance Card (EHIC). The EHIC will entitle you to free or reduced-cost medical care. However, it won't cover you for everything that travel insurance can, such as emergency travel back to the UK.

Deep vein thrombosis (DVT)

On long-haul flights, get up from your seat to walk around and stretch your legs whenever you can. Drink regularly, but avoid alcohol, and wear loose, comfortable clothes.

Jet lag

Jet lag is worse when you move from west to east because the body finds it harder to adapt to a shorter day than a longer one.

Travelers who take medication according to a strict timetable, such as insulin or oral contraceptives, should seek medical advice from a healthcare professional before their journey.

Reduce your risk of diseases like travelers' diarrhea by following these basic guidelines.

Drinking water

In countries with poor sanitation, don't drink tap water or use it to brush your teeth unless it's been treated.

Filtered, bottled, boiled or chemically treated water should be used. Bottled fizzy drinks with an intact seal are usually safe, as are boiled water and hot drinks made with boiled water. Ice in drinks should be avoided.

The most reliable way to purify water is by boiling it, but this isn't always possible.

Chemical disinfectants, such as iodine and chlorine, will usually kill bacteria and viruses, and can easily be obtained from larger pharmacies or specialist travel shops. However, some parasites aren't reliably killed with iodine or chlorine preparations. Combining iodine or chlorine with filtration using a specialist filter bought from a travel shop should be effective.

Domestic water filters designed for use in the UK aren't suitable.

Foods to avoid in countries where sanitation is poor

Salads, such as lettuce, uncooked fruits and vegetables, unless they've been washed in safe water and peeled by the traveler. Fresh or cooked food that's been allowed to stand at room temperature in warm environments or exposed to flies, such as in an open buffet. Pasteurised milk, cheese, ice cream and other dairy products, raw or undercooked shellfish or seafood, food from street traders, unless it has been recently prepared and is served hot on clean crockery

Food served in good-standard hotels or restaurants may not always be safe as it may have been contaminated during preparation.

Try to pick places to eat that have a reputation for serving safe food.

As a rule, only eat freshly prepared food that's thoroughly cooked and served steaming hot. Always wash your hands after going to the toilet and before preparing or eating food.

WHICH VACCINATIONS WILL I NEED?

1. Check which vaccinations you may need at one of these on-line checkers:

<https://www.fitfortravel.nhs.uk/destinations>

<https://travelhealthpro.org.uk>

2. If you need the following vaccinations (below) then these can be provided at Linthorpe Surgery and are available free on the NHS. These vaccines are free because they protect against diseases thought to represent the greatest risk to public health if brought into the country.

- Diphtheria, polio and tetanus (combined booster)
- Typhoid
- Hepatitis A – including when combined with typhoid or hepatitis B

If you require one of the above vaccines then please advise the receptionist about this and book a routine appointment with one of the practice nurses.

3. If you require an injection or booster of the vaccines listed in (2) but are unsure if you have had these, then you can request access to your medical records to check this, please complete the enclosed Subject Access Request form or download the form from our website and email to us at

stcgg.linthorpesurgery@nhs.net

We will not be able to provide this information over the telephone or on the same day.

4. If you require any other vaccinations (see common ones below) than these must be done by a private travel clinic. The following vaccinations will not be provided at Linthorpe Surgery:

- Hepatitis B when not combined with hepatitis A
- Japanese encephalitis
- Tick-borne encephalitis
- Meningitis vaccines
- Rabies
- Tuberculosis (TB)
- Yellow fever (please note – Yellow fever vaccines are only available from designated centres)

5. If you require any of the vaccines listed in (4) then you can contact one of the local travel clinics that offer travel vaccination advice and injections.

Travel Injections 4 U, 5 Queens Square, Middlesbrough, TS2 1AA
www.travelinjections4u.co.uk T: 07791 548601 E: travelinjections4u@gmail.com

Online at www.boots.com

This includes a free online checker and price guide as well as an online option to book a local appointment.



All the staff at Linthorpe Surgery hope you have a great holiday!