



# Tamar Medical Centre

## Travel Vaccines

## Holiday Leaflet

### Going on holiday?

The Practice Nurse can advise on any vaccinations or other precautions you may need to take and will give any necessary injections. Please allow plenty of time, as some vaccines must be given over a period of several months.

### Getting started

Please complete the form at the end of this leaflet and hand it in to reception. This will allow the nurse to research what vaccines are needed and whether any other medication is necessary e.g. malaria tablets. She will contact you to arrange any necessary vaccinations.

**Note: The surgery carries stocks of Hepatitis A, Typhoid and Tetanus but NOT Yellow Fever. Yellow Fever injections can only be given at registered centres.**

The nearest centres are:-

Bilbrook Medical Centre, Brookfield Road, Bilbrook. Tel: 01902 847313	Albrighton Medical Centre, Shaw Lane, Albrighton. Tel: 01902 372301
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**Note: If you're travelling with a group, don't be surprised if other members have to follow different procedures! All practices operate their own systems!**

### Useful Information

If you have access to the internet, you may find the following websites helpful

[www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)  
[www.who.int.ith](http://www.who.int.ith)

[www.malariahotspots.com](http://www.malariahotspots.com)  
[www.nathnac.org](http://www.nathnac.org)

### EHIC card

If you are travelling in Europe make sure you are signed up for the new EHIC card (this has replaced the old E111). It allows holders to get healthcare at a reduced cost, or in some cases, free in certain countries.

The quickest way to get an EHIC card is by applying online at [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers)

# Travel Details

**Names**

**Date of Birth**

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**Contact no** .....

**Destination** (including area and country as well as any stopovers or excursions to different areas)

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**Departure and length of stay**

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**Type of trip** (i.e. business, holiday, extreme sports etc)

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Appointment date.....