

**TRAVEL CLINIC**

**1<sup>ST</sup> APPOINTMENT DATE**

.....  
It is vital that you attend for your vaccinations 8 weeks prior to departure – BUT please return this form for processing 1 week before your appointment. Please answer all the questions. One form per traveller.

**NAME:** ..... **DATE OF BIRTH:** .....

**AGE (18 years & under)** ..... **WEIGHT (18 years & under)**.....

**DEPARTURE DATE:** .....

**PLEASE NOTE THAT IT IS VERY IMPORTANT TO INDICATE YOUR DESTINATION PRECISELY BECAUSE VACCINATION REQUIREMENTS VARY FROM REGION TO REGION EVEN WITH THE SAME COUNTRY AND FROM ISLAND TO ISLAND**

Country & Closest City/Town	Length of Stay in Each Destination	Type of accommodation - Delete as Appropriate
1.	Days or weeks:	Hotel/backpack/safari
2.	Days or weeks:	Hotel/backpack/safari
3.	Days or weeks:	Hotel/backpack/safari
4.	Days or weeks:	Hotel/backpack/safari

Continue overleaf if needed

**Does the journey include:**

Coastal areas ..... Inland areas .....

Will you be above 3000m altitude? .....

Any "stopovers" ? .....

Are you pregnant or trying to conceive? .....

Are you allergic to any drugs or eggs? .....

Has your spleen been removed? .....

Are you on any medication or receiving other medical treatment:.....

.....  
**Remember to take enough supplies and carry in your hand luggage**

Are you receiving or have you had radiotherapy within the last 6 months? .....

Are you taking or having you received steroids within the last month? .....

Have you had an adverse reaction to any immunisation? .....

.....  
**NB** it is important to let us know if you are HIV positive.

**Please return to the surgery for processing at least a week before your appointment**

## Travel Advice Leaflet

**WATER** - Diseases can be caught from drinking contaminated water, or swimming in it. Unless you KNOW the water supply is safe where you are staying only use (in order of preference):

- boiled water
- bottled water or canned drinks
- water treated by sterilising agent

This includes **ICE CUBES** in drinks and water for **CLEANING YOUR TEETH**

**SWIMMING** - It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean – **avoid swimming** – in fresh water **lakes and streams**. You can catch a parasitic disease called *schistosomiasis* from such places. This disease is also known as *bilharzias*. It is wise **never to go barefoot**, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

**FOOD** – Contaminated food is the commonest source of many diseases abroad. You can help prevent it by following these guidelines:

only eat well cooked fresh food  
avoid ice-cream and shellfish  
avoid leftovers and reheated foods  
eat cooked vegetables – avoid salads

only eat fruit you can peel  
avoid buying food from street vendor's stalls  
ensure meat is thoroughly cooked  
never drink unpasteurised milk

If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

**PERSONAL HYGIENE** – Many diseases are transmitted by what is known as the “faecal-oral” route. To help prevent this, **ALWAYS WASH YOUR HANDS WITH SOAP AND CLEAN WATER AFTER GOING TO THE TOILET** before eating and before handling food.

**TRAVELLERS' DIARRHOEA** – This is the most common illness that you will be exposed to abroad. Travellers' diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others. Travellers' diarrhoea is 4 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger of the illness is **DEHYDRATION**, and this, if severe, can kill if it is not treated. Treatment is **REHYDRATION**. In severe cases and particularly in young children and the elderly, commercially prepared rehydration solution is extremely useful. This can be brought in tablet or sachet form at the chemist shop eg ***Dioralyte or Electrolade***. (Dioralyte Relief is a new formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions. Anti-diarrhoeal tablets can be used for adults but should **NEVER** be used for children under **4 years old** and only on prescription for children aged 4 – 12 years. Commonly used tablets are ***Imodium*** and ***Lomotil***. *None of these tablets should ever be used if the person has a temperature or blood in the stool.*

**DO CONTACT MEDICAL HELP IF THE AFFECTED PERSON HAS:-**

**A temperature**

**Blood in diarrhoea**

**Diarrhoea for more than 48 hours (or 24 hours in the case of children)**

**Becomes confused**

In very special circumstances, antibiotics are used for diarrhoea but this decision should only be made by a doctor.

A woman taking the oral contraceptive pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used – refer to your “pill” information leaflet. If using condoms, use product with the British Kite Mark.

**HEPATITIS AND HIV INFECTION** – These diseases can be transmitted by:-

1. blood transfusion
2. medical procedures with non sterile equipment
3. sharing needles (eg tattooing, body piercing, acupuncture and drug abuse)
4. sexual contact – sexually transmitted disease are also transmitted this way.

**WAYS TO PROTECT YOURSELF**

- only accept blood transfusion when essential
- if travelling to a developing country, take a sterile medical kit
- avoid procedures eg ear, body piercing, tattooing and acupuncture
- avoid casual sex, especially without using condoms

**INSECT BITES** – Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases, eg malaria, dengue fever and yellow fever. Some bite at night but some bite during the daytime.

**AVOID BEING BITTEN BY:-**

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear light coloured clothes, long sleeves, trousers or long skirts.
- Use insect repellents (containing DEET or eucalyptus oil base) on exposed skin, clothes can be sprayed with repellents too. Check suitability for children on the individual products.
- If room is not air conditioned, but screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions if camping or sleeping in unprotected accommodation always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.
- Electric insecticide vaporisers are very effective as long as there are no power failures!

**MALARIA** – **REMEMBER** – malaria is serious and sometimes fatal.

**ANIMAL BITES** – Rabies is present in many parts of the world. If rabies is not treated death is 100% certain. There are 3 rules regarding rabies:

1. do not touch any animal even dogs and cats
2. if you are licked on broken skin or bitten in a country which has rabies wash the wound thoroughly with soap and running water for 5 minutes.
3. seek medical advice ASAP.

**INSURANCE COVER** - Take out adequate insurance cover for your trip. If you have any pre-existing medical conditions make sure you inform the insurance company of this and check the small print thoroughly.

If you travel to a European Union country make sure you have form T6 and the Health Advice for Travellers leaflet.

**SUN AND HEAT** – Sunburn and heat-stroke cause serious problems in travellers. Both are preventable – to avoid use the following precautionary guidelines:

- Increase sun exposure gradually – 20 minutes initially.
- Use sun blocks of adequate SPF strength – reapply often and always after swimming and washing Read the manufacturer instructions.
- Wear protective clothing – i.e sunhats etc.
- Avoid going out between 11 am – 3 pm when the sun's rays are strongest.
- Drink extra fluids in a hot climate.
- Beware that alcohol can make you dehydrate.

### **DEEP VEIN THROMBOSIS (DVT)**

Research into the association between air travel and DVT is in progress. Certain individuals may be at increased risk and should be advised about preventative measure. [www.doh.gov.uk/dvt/](http://www.doh.gov.uk/dvt/)

**REMEMBER:** novaccines or malarial prophylaxis is 100% effective.

Interesting web site address:- [www.fitfortravel.scot.nhs.co.uk](http://www.fitfortravel.scot.nhs.co.uk)

## Travel Clinic Form

**Name**.....**dob**..... **appt.date**.....  
**Destination**.....

**General contraindications**

Pregnancy or trying to conceive  
 Acute illness  
 History of reaction to preceding doses  
 HIV-see green book

**Contraindications to live vaccine**

Pregnancy. High dose steroids.  
 Malignancy. Impaired immunity. HIV  
 Immunosuppressive therapy.  
 Within 3 months of gamma-globulin except for yellow fever.  
 Anaphylactic reaction to eggs (MMR, influenza and yellow fever, tick bourn encephalitis)  
 Three weeks of yellow fever or polio or BCG

**I confirm that I have discussed the contraindications to vaccination with the practice nurse and none of them apply to me.**

**Patient's signature**

.....

Vaccine	Date of previous Imms (1 <sup>st</sup> )	Date of previous imms 2 <sup>nd</sup> )	Imms recd now and timing	Date given	Given By	Cost/paid
BCG						
Diphtheria						
Hepatitis A						
Hepatitis B						
Jap encephalitis						
Meningitis A & C						
Polio						
Rabies						
Tetanus						
Typhoid						
Yellow fever						
TBE						
<b>Malaria</b>						

**Chemotherapy against malaria: tick as appropriate**

Proquanil (Paludrine) – Paludrine is contraindicated in severe renal failure.  
 Chloroquine (Nivaquine) – Nivaquine is contraindicated in pregnancy.  
 Mefloquine (Larium) is contraindicated if history of severe psychiatric disorder or convulsions or pregnancy.  
 Other chemotherapy i.e. Doxycycline, Malarone.

**Report 'flu-like illness within 1 year of visit to malarial area.**

**PREVENTATIVE ADVICE:-**

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. avoid mosquito bites</li> <li>2. continue chemoprophylaxis for 4 weeks after return (if required).</li> <li>3. avoid contaminated food and water.</li> <li>4. contraceptive advice COC pill</li> </ol> | <ol style="list-style-type: none"> <li>5. AIDS (travel packs)</li> <li>6. rabies</li> <li>7. sunburn</li> <li>8. altitude sickness if sleeping above 3,000 metres.</li> </ol> |
|--|---|