

Travel Health

Please be advised that this surgery now only offers a limited travel service.

We can no longer advise you on the necessary vaccinations or precautions you need regarding travel health. Patients **must** now contact one of the following travel health information providers for advice and possibly treatment:

www.fitfortravel.nhs.uk - (free information service)

MASTA

Tel: 0113 238 7500

www.masta.org

Springfield (Chelmsford)

Tel: 01245 234040

Travel Health UK (Shenfield)

Tel: 01277 200169

Aviation Medica (Stansted Airport)

Tel: 0870 1610098

Private GP Services at

Springfield Hospital

Tel: 01245 234134

Please seek advice 6-8 weeks before departure.

Please note these are private service providers. There may be a charge for providing information and there will definitely be a charge for any treatment.

Vaccinations suitable for some travel destinations which are available at this surgery are:

Hepatitis A

Typhoid

Diphtheria, Tetanus* & Polio combined

* Tetanus no longer requires a routine booster at 5 and 10 years. 5 doses are required in a lifetime and these are generally given during childhood/adolescence, If you are unable to confirm or are unsure of your immunisation status please ring the surgery and speak to a practice nurse.

THESE VACCINATIONS WILL ONLY BE ADMINISTERED WHEN YOU BRING WRITTEN PROOF FROM YOUR TRAVEL HEALTH INFORMATION PROVIDER THAT YOU NEED THESE FOR YOUR TRIP(S). PLEASE ALSO BRING ANY RECORDS OF PREVIOUS TRAVEL VACCINATIONS.

MALARIA - This surgery cannot give advice or prescriptions for Malaria prophylaxis. It is important however, that you receive up to date information and the correct treatment from either your travel health provider, or local pharmacist. Useful information about Malaria can be found at:

www.malariahotspots.co.uk