

## **BENNFIELD SURGERY**

### **IMPORTANT PATIENT INFORMATION FOR TRAVEL ABROAD**

**Please can all patients complete a Travel Risk Assessment Form, available from the surgery or to download from this site (one form per person intending to travel)**

**Ensure travel form is completed fully and includes specific areas visiting. Form must be handed into the surgery at least 48hours before appointment with Practice Nurse  
Appointments ideally need to be 6-8weeks before departure as a course of vaccinations may need to be given which can take several weeks to complete**

#### **What you need to bring with you at first consultation:**

**Previous record of vaccinations**

**Travel itinerary**

**Cash/cheque book to cover cost of any payable vaccines commenced at first consultation (especially important if travelling at short notice)**

#### **At First Consultation:**

**Discussion of the risk of infections etc. for destination(s) which will also include:**

**Vaccinations recommended**

**Any outbreaks**

**Personal safety**

**Safe drinking water/food**

**Bite avoidance**

**\*PLEASE NOTE: Vaccinations may not be started at the first consultation**

#### **Useful Websites for further Information:**

**[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)**

**[www.nathnac.org](http://www.nathnac.org)**

**<http://www.fco.gov.uk/en/travel-and-living-abroad/>**

## **PRIVATE TRAVEL CLINICS**

**Alternative to attending surgery especially if travelling at short notice**

**Nearest to Rugby:**

**Travel Klinix**

**RG Health**

**1<sup>st</sup> Floor Govind Health Centre**

**77c Moor St**

**Earlsdon**

**Coventry**

**CV5 6EU**

**Tel: 02476 016519**

**[www.travelklinix.com](http://www.travelklinix.com)**

**or**

**Masta Travel Clinics**

**Tel: 0330 1004200**

**[www.masta-travel-health.com](http://www.masta-travel-health.com)**

Please remember that none of the injections you have received for your travels will give 100% protection against the diseases you are at risk of, so don't put yourself at unnecessary risk whilst abroad. There are also diseases in foreign countries that we cannot vaccinate against, so safety awareness is very important.

Remember that your malaria tablets will only give you protection if you take them correctly as prescribed by your pharmacist, and if you're going to a high risk area it is very important to avoid insect bites. Also, if you experience flu-like symptoms during your stay, seek medical help or on your return (up to a year) please seek advice from your GP so that malaria can be easily ruled out.