

STILLINGTON SURGERY

GP surgeries are working under increasing pressure and we need to prioritise the services they can provide. **We no longer offer a full travel service.** The NHS has a very comprehensive website, giving the information you need to identify any vaccines advised for trips abroad, and ensure that you stay as healthy as possible.

There is further information about countries and vaccinations required on the [Fit For Travel website](#).

The following vaccinations are still free of charge on the NHS:

Disease	Vaccines	Boosters
DTP (Diphtheria, Tetanus, Polio)	Revaxis	10 yearly for travel where recommended
Hepatitis A	Havrix, Avaxim	25 years after 2nd dose
Typhoid	Typherix, Typhim vi	3 yearly
Cholera	Dukoral**	

**** Not commonly required.**

Please read the information below and if you think that you need any of the vaccinations provided by the NHS, please contact us on 01347 810332 to book an appointment with our Practice Nurse. Please inform us of which vaccinations you require when you book your appointment.

Other vaccinations may be necessary for more exotic or unusual destinations, complex travel itineraries, or long stay vacations. These need to be given at a high street travel clinic or pharmacy. There will be a charge for these. If you would rather have all of your vaccinations done at these clinics, they can also give the vaccines above but they will charge for these.

We strongly advise you to check your requirements **at least three months before travel**, as sometimes a course of up to three vaccinations needs to be given over the course of several weeks.

It is your responsibility to ascertain which vaccinations (and, if relevant, anti-malaria tablets) you need, and also to inform yourself fully of recommended **travel safe precautions**. To do this, you should visit [Travel Health Pro](#) or the [Fit For Travel website](#) and read the information relevant to the country you are visiting.

It is always a wise precaution to pack some essential items in case of illness on holiday. Do choose medicines according to your needs and the country you are intending to visit. If you take prescription medicines regularly remember to pack them too.

You may want to consider packing the following:

- Paracetamol Travel Sickness tablets Plasters and a small crepe bandage
- Rehydration solutions such as Dioralyte, Anti diarrhoeal, for example Imodium
- High factor sunscreen
- Anti malarial tablets, Water purification tablets, Insect repellent
- Condoms and other contraceptives
- Sunhats for yourself and children

Avoiding mosquito bites

Avoid insect bites at all times including during the day. It is important to:

- cover up
- use repellents
- use nets

Mosquitoes that spread chikungunya, dengue, West Nile virus, yellow fever and Zika mainly bite during the day and at dusk.

Mosquitoes that spread malaria mainly bite in the evening and at night.