

## Travelling abroad

Please read carefully before filling out your travel questionnaire.

**We do not offer Yellow Fever or Rabies vaccinations** – If you require this, you need to contact a Travel Centre – please do this first. If you are planning to visit multiple Countries or planning to backpack or work for a prolonged period you may find a visit to the Travel Centre beneficial;

**Globe Travel Health Centre**  
**26 Cattle Market Street**  
**Norwich**  
**NR1 3DY**  
**Tel: 01603 667323**

In order for us to advise you appropriately it is helpful to have as much notice as possible and to know the following information

- *The Countries you are visiting* (some diseases are more common in certain parts of the world.)
- *When you are travelling* (some diseases are more prevalent at different times of the year.)
- *Where you are staying* (there are more risks associated in rural locations as opposed to urban centres and with backpackers and hostel users versus hotels and package holidays.)

- *How long will you be staying* (the longer you stay the greater the risk of exposure)
- *Your age and Health* (some people may be more vulnerable to infection)
- *What you'll be doing during your stay* (i.e. working in rural areas, sporting activities etc.)
- *Aid workers/ Working in a medical setting/ Contact with animals* (these all bring higher risks)

Before attending your travel health consultation it is important to think about the type of holiday and therefore the types of risk you may be coming into contact with.

Some vaccine courses need to be given over a couple of months so you need to give us as much notice as possible **AT LEAST 6-8 WEEKS**

You may be required to pay for some recommended vaccinations.

The following travel vaccines are usually available free of charge.

-diphtheria, polio and tetanus (combined booster)

-typhoid

-hepatitis A

These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.

It is not possible to eliminate the risks associated with foreign travel but with careful planning and assessment we can help reduce them.

# Church Hill Surgery



## Travel Questionnaire

Date:

Please complete this side of the form before you see the nurse.

Please note **ONE** form per traveller

Ring one week later to be advised of appointment needed (01379 676227).

Name:

Address:

Date of Birth:

Telephone number:

Date of Departure:

Duration of stay abroad/date of return:

Which countries do you intend to visit (including brief stopovers):

✓	Type of Holiday Accommodation	
	<b>HOTEL</b>	Clean accommodation in a town (urban stay)
	<b>SAFARI</b>	Hotel accommodation with trips into the country
	<b>CRUISE</b>	
	<b>BACKPACKER</b>	Prolonged overland travel or camping
	<b>OTHER</b>	Visiting family or friends
	<b>BUSINESS TRIP</b>	

Are you allergic to anything?

(e.g. egg, gelatin, rubber/latex, antibiotics, antimalarial products etc.)

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Are you on any medications?

REMEMBER: If you are receiving any medication, make sure that you take enough supplies to last through your overseas visit.

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Have you ever had or are you suffering from heart disease or other chronic illness?

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There will be a charge for the following vaccinations: we only accept cash or card.

Please note we will ask you to pay for vaccines in full at the first consultation.

Hepatitis B	£40 per injection
Japanese B Encephalitis	£90 for each injection (course of 2)
Tick Bourne Encephalitis	£60 for each injection (course of 2)
Rabies	£60 for each injection (course of 3)
Cholera	£40 for each injection (course of 2)
Menacwy	£65 per injection