

## Links and Useful Contacts

[www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)

Official government site for useful travel and health information and current world areas of risk

[www.who.int/en/](http://www.who.int/en/)

WHO online guide to travellers' health and highlights current risk areas

[www.airsafe.com](http://www.airsafe.com)

Information on airline safety by airline and aircraft model. Also safety advice for different airports and tips for passengers. Links to other travel and travel safety sites.

[www.diabetes.org.uk](http://www.diabetes.org.uk)

Information for diabetics, including how to organise yourself for travel, insulin regimes, transporting insulin etc.

[www.holidaycare.org.uk](http://www.holidaycare.org.uk)

Information for staying safe on holiday.

[www.thebmc.co.uk](http://www.thebmc.co.uk)

Site of the British Mountaineering Council for information on health problems at high altitudes.

[www.traveldoctor.co.uk](http://www.traveldoctor.co.uk)

An interactive travel site

[www.nhs.uk/conditions/travel-vaccinations/](http://www.nhs.uk/conditions/travel-vaccinations/)

NHS Travel Vaccination information

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

Information about how to stay safe and healthy abroad.

## Travel essentials

Numerous travel items can be purchased from Chew Medical Practice. A selection of these items can be seen in Dispensary

### Travel Goods - Price List

Mosquito Repellent-TREK 50 100ml (50% DEET providing powerful protection for adults)	£7.99
Mosquito Repellent-TREK ULTRA (30% DEET released slowly for all day protection)	£7.50
Midge and Tick Repellent 60ml (All day protection with time released technology)	£6.20
Bug Bite Relief (gives fast and effective relief using Aloe Vera)	£4.50
MOSI-OFF Bands (ankle and/or wrist bands for extra protection)	£7.99



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# Travel Advice

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If you are planning on traveling you may need some vaccinations or medication.

Traveling is one of life's great pleasures, but it's important to remember that there is no such thing as risk free travel. Patients traveling abroad should take some time to consider any potential risks in the areas being visited. If you are pregnant or have some existing illness you should seek specific advice.

## How to plan your travel vaccinations:

Please check the recommended vaccinations for your destination on a vaccinations website for example National Travel Health Network Centre

Chew Medical Practice do not provide a full travel clinic service. However, we do provide the agreed NHS vaccinations, listed below:

Hep A & Hep B for Children  
Hep A  
Hep A & Typhoid  
Polio, Diphtheria & Tetanus  
Hep A&B  
Typhoid injection or oral  
MMR

For these free vaccines please complete a Travel Risk Assessment form and make an appointment to see a Nurse.

Please remember to leave enough time before travelling (minimum of 6 weeks) as some vaccines might need more than one dose and can take time to complete the course.

If you need further advice or vaccines you will need to book an appointment with one of the private travel clinics for a full risk assessment, advice and private vaccines

If you require an up to date list of all your vaccinations, please speak to a member of our Reception team who will be happy to help.

There are a number of travel clinics in both Bristol and Bath such as:

### **Nomadtravel.co.uk**

38, Park Street,  
Bristol,  
BS1 5JQ

Appointments available to book online or  
tel: 01341 555 061

### **Masta-travel-health.com**

43, Queens Road,  
Clifton,  
Bristol,  
BS8 1QQ

Appointments are available to book online or  
tel: 0330 100 4131

### **Bath Travel Clinic**

Pulteney Street Practice  
35 Great Pulteney Street  
Bath  
BA2 4BY

tel: 0330 100 4115

### **Superdrug**

30 - 32 Westgate Street  
Bath  
BA1 1EL

tel: 03 000 111 007

### **Superdrug**

39-43 Broadmead  
Bristol  
BS1 3EU

### **Bristol Travel Clinic**

Bristoltravelclinic.co.uk

Various locations across Bristol