

**The  
Harbour Medical Practice  
TRAVEL CLINIC**

To help us give you an effective Travel Advice and Vaccination service, would you kindly complete the Travel Questionnaire, return to the surgery reception desk, and then make an appointment to see the Practice Nurse for Travel Advice and Vaccination.

There will be **NO** charge made for a number of vaccinations recommended for travel abroad. The following is a list of the vaccines where **NO** charge is made:

- TETANUS
- DIPHTHERIA
- POLIO
- HEPATITIS A
- TYPHOID
- HEPATITIS B\*
  
- **Malaria tablets** can be bought from a pharmacy following consultation with the Pharmacist.

\*ONLY AVAILABLE TO SPECIFIC GROUPS OF TRAVELLERS TO AREAS OF HIGH ENDEMICITY.

**There is a charge for the following vaccines:**

- **YELLOW FEVER** - **£60**  
The International Yellow Fever Certificate is valid for ten years beginning ten days after the vaccination date, or in the event of revaccination, within a 10 year period from the date of the revaccination. Travellers are advised to retain the old certificate for 10 days until the new certificate becomes valid.
- **Hepatitis B** - **£35** per vaccine (primary course of 3 doses)
- **Rabies** - **£50** per vaccine (primary course of 3 doses)
- **Japanese Encephalitis** - **£50** per vaccine (primary course of 3 doses)
- **Tick Borne Encephalitis** **£50** per vaccine (primary course of 2 doses)
- **Meningitis ACWY** - **£45** per vaccine (single vaccine)

**Please note that payment must be made in full at the first travel clinic appointment by cash or cheque made payable to The Harbour Medical Practice.**

Whilst some diseases are vaccine preventable, it must be remembered that most health problems affecting travellers are not. Therefore please be careful about accident and injury prevention, food and water hygiene. Also protect yourself against bites and be aware of sexually transmissible diseases. You are strongly advised to take out adequate medical insurance.

If you have an existing medical condition and are worried about travelling, please make an appointment to speak with a doctor.

Sufficient prescription medicines should be obtained prior to travel. They should be clearly labelled, preferably in the original container with the chemist's label, and carried in hand luggage. In situations where the possession of even prescription drugs might be queried, or if the drugs themselves are unusual or need to be injected, it is advisable to carry a doctor's letter to confirm they are needed.

If there is anything else we can help you with, please do not hesitate to ask.  
We wish you a happy healthy trip