

# TRAVELLING ABROAD?

To help us to give you the best advice for travel, please complete this questionnaire. We will make appointments for you to have the recommended immunisations and to discuss health precautions. **Please note that antimalarial tablets and some immunisations are not provided on the NHS.** The receptionist can tell you the probable cost.

You should also read the Department of Health's booklet "Health Advice for Travellers" obtainable from the Health Centre and Post Offices.

Please fill in these details:

Your name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Telephone Number \_\_\_\_\_ Doctor \_\_\_\_\_

**Women only** Is there any possibility that you may be pregnant Yes / No

What kind of contraception are you using?

Date of Travel \_\_\_\_\_

Please list all the countries you will visit. Include any stop-overs, and mention any special features e.g. travelling "rough" or outwith the usual tourist areas.

Destination	Resort / Rural / Safari / Backpacker	Length of Stay
	R / R / S / B	
	R / R / S / B	
	R / R / S / B	
	R / R / S / B	

Please do not write below this line

---

## To be completed by the Health Centre

Vaccine	Dose	Schedule	Required	NHS Claim	Fee Payable
Yellow Fever	1	*			
Polio	B	0			
Tetanus	B (max2)	0			
Typhoid (typhim Vi)	1	0			
	Booster	3 years			
Meningitis A + C	1	0			
Hepatitis A (Vacc) Avaxim	1	0			
	2	6-12 months			
	Booster	10 years			
Other					

\* When possible, Yellow Fever vaccine should be given three weeks before other live vaccines, e.g. polio

**Antimalarial tablets** No tablets required, but take precaution to avoid mosquito bites

**Delete as applicable** Chloroquine 300mg weekly + Proguanil 200mg daily available OTC  
 Mefloquine 250mg weekly private prescription  
 Other: