

Pont Newydd Medical Centre

Aberrhondda Road, Porth R.C.T.

Mid Glamorgan. CF39 0LD

Tele: (01443) 688880

Fax: (01443) 688899

PLEASE ENSURE ALL SECTIONS ARE COMPLETED IN FULL

Any patient who presents to their appointment without a fully completed form will not be seen.

Name _____ **DOB** _____ **M/F** _____

Daytime Tel. Contact No: _____ **Date:** _____

Date of Departure	Country	Cities	Rural Region	The Coast	Length of Stay

Type of holiday Holiday/Business/Visiting Friends or Relatives/Other details:

Will you be travelling to your destination by:

(Please tick those that apply)

Aeroplane Boat Car Train Bus

Other – Please give details _____

Accommodation: Hotel (star)/ Hostel/Family Home/Other

What type of transport do you expect to use while abroad?

(e.g. local buses, car hire, renting mopeds or bicycles)

High Risk Activities (sports?):

Any other issues you would like the nurse to consider

Previous Vaccination History (if known)		Previous/Current Medical History
Previous reaction to Any Vaccines: Y/N Feels faint With injection: Y/N		
Tetanus		Allergies to any other drugs or food?
Diphtheria		
Polio		
Typhoid		
Hepatitis A 1st or BST		Recent/Current Health problems:
Hepatitis B 1st 2nd 3rd 4th		
Meningitis		
Yellow Fever		
Other		Current Medication: Steroids: Y / N Contraceptive Pill : Y / N Prenant: Y / N Pregnancy Planned: Y / N HIV: Y / N Medical Insurance arranged? Y / N
Recommended Vaccines (if known)		
Tetanus/Diphtheria		
Polio		
Typhoid		
Hepatitis		
Hepatitis B		
Meningitis		
Yellow Fever		
Other		

I have no reason to think that I might be pregnant. I have received information on the risks and benefits of the vaccines recommended. I consent to the vaccines being given.

Signed: _____

To be completed by the Practice Nurse

Fit for Travel/

Travax Printout Given: Yes / No

Malaria Advice/Leaflet Given: Yes / No

Malaria chemoprophylaxis

Advised: Yes / No

If child: Wt. kg/recommended dose =

Tablets recommended:

Mefloquine		Doxycycline	
Chloroquine		Proguanil	
Atovaquone plus proguanil			

Travel record card given: Yes / No / Updated

Date given:

Recommended vaccines:

Dr K Pascoe, Dr G Thomas, Dr I O'Sullivan, Dr G Wyn

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Travel Appointment Information

Many people choose to travel these days to all sorts of exotic places. Trips to far away destinations are increasingly popular and the cost plus faster transport make it feasible for many who were previously excluded from such activities. The number of different adventurous type trips is also on the increase. This is all good news, however, with such diversity, the risk of travel to your health is increased and this makes the appointment with the nurse more complex. We cannot undertake to do this work as an emergency and often vaccinations have to be given in advance to be effective. It is therefore important that you seek advice at least 8 weeks prior to travel.

We need to perform a risk assessment so we can give you the relevant advice and decide which vaccines are required. As this work is time consuming and needs to be done accurately we need to know about your travel itinerary and any significant aspects of your past health. **Please fill in the attached form fully and bring it to your appointment.**

When we have this information we will ordinarily be able to provide all the necessary vaccinations and advice within one appointment.

It is important that you have read the attached information prior to attending from your travel health appointment. We also recommend referring to the following website for further advice where possible.

www.fitfortravel.nhs.uk

We look forward to seeing you and helping you to travel safely.

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Travel Advice Leaflet

This leaflet is designed to remind you of some of the information the nurse gave you when you visited for your travel appointment. **PLEASE READ IT!**

The information will help you to stay healthy on your trip.

WATER

Diseases can be caught from drinking contaminated water, or swimming in it. Unless you **KNOW** the water supply is safe where you are staying, **ONLY USE** (in order of preference)

1. Boiled water
2. Bottled water or canned drinks
3. Water treated by a sterilising agent

This includes **ICE CUBES** in drinks and water for **CLEANING YOUR TEETH**.

SWIMMING

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, **AVOID SWIMMING** in fresh water **LAKES** and **STREAMS**. You can catch a parasitic disease called **SCHISTOSOMIASIS** from such places. This disease is also known as **BILHARZIA**. It is wise **NEVER TO GO BAREFOOT**, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

FOOD

Contaminated food is the commonest source of many diseases abroad. You can help prevent it by following these guidelines:

- **Only eat well cooked fresh food**
- **Avoid leftovers and reheated foods**
- **Ensure meat is thoroughly cooked**
- **Eat cooked vegetables, avoid salads**
- **Only eat fruit you can peel**
- **Never drink unpasteurised milk**
- **Avoid ice-cream and shellfish**
- **Avoid buying food from street vendor's stalls**

Another source of calories is **ALCOHOL!** If you drink to excess, alcohol could lead you to become carefree and ignore these precautions.

Two phrases to help you remember

1. **Cook it, Peel it, or Leave it!**
2. **When in doubt, Leave it out!**

PERSONAL HYGIENE

Many diseases are transmitted by what is known as the 'faecal-oral' route. To help prevent this, **always wash your hands** with soap and clean water after going to the toilet.

TRAVELLERS' DIARRHOEA

This is the **MOST COMMON ILLNESS** that you will be exposed to abroad and there is **NO VACCINE AGAINST IT!** Travellers' diarrhoea is caused by eating and/or drinking food and water contaminated by bacteria, viruses or parasites. Risk of illness is higher in some countries than others.

High risk areas include the North Africa, Sub-Saharan Africa, the Indian Subcontinent, S.E. Asia, South America, Mexico and the Middle East.

Medium risk areas include the northern Mediterranean, Canary Islands and the Caribbean Islands.

Low risk areas include North America, Western Europe and Australia.

You can certainly help **PREVENT** travellers' diarrhoea in the way you **BEHAVE** – make sure you follow the food, water and personal hygiene guidelines already given.

Travellers' diarrhoea is 4 or more loose stools in a 24 hour period often accompanied by stomach pain, cramps and vomiting. It usually lasts 2-4 days and whilst it is not a life threatening illness, it can disrupt your trip for several days. The main danger in the illness is **DEHYDRATION** and this, if very severe, can kill if it is not treated. **TREATMENT** is therefore **REHYDRATION**. In severe cases and particularly young children and the elderly, commercially prepared rehydration solution is extremely useful. This can be bought in tablet or sachet form at a chemist shop. e.g. **DIORALYTE** or **ELECTROLADE**. (**Dioralyte Relief** is a new formula containing rice powder which also helps to relieve the diarrhoea, particularly useful in children). Prepare according to instructions.

ANTI DIARRHOEL TABLETS can be used for adults but should **NEVER BE USED** in children under 4 years of age and only on prescription for children 4 to 12 years. Commonly used tablets are **IMODIUM** and **LOMOTIL**. **None of these tablets should ever be used if the person has a temperature or blood in the stool.**

DO CONTACT MEDICAL HELP IF THE AFFECTED PERSON HAS:-

- **A temperature**
- **Blood in the diarrhoea**
- **Diarrhoea for more than 48 hours (or 24 hours in children)**
- **Becomes confused**

In very special circumstances, antibiotics are used for diarrhoea, but this decision should only be made by a doctor. (A woman taking the oral contraception pill may not have full contraceptive protection if she has had diarrhoea and vomiting. Extra precautions must be used – refer to your 'pill' information leaflet. If using condoms, use products with the British Kite Mark).

HEPATITIS B AND HIV INFECTION

These diseases can be transmitted by

- **Blood transfusion**
- **Medical procedures with non sterile equipment**
- **Sharing of needles (e.g. tattooing, body piercing, acupuncture and drug abuse)**
- **Sexual contact – Sexually transmitted diseases are also transmitted by no 4.**

WAYS TO PROTECT YOURSELF

- Only accept a blood transfusion when essential
- If travelling to a developing country, take a sterile medical kit
- Avoid procedures e.g. body piercing, tattooing and acupuncture
- Avoid casual sex, especially without using condoms

REMEMBER – excessive alcohol can make you carefree and lead you to take risks you otherwise would not consider.

INSECT BITES

Mosquitoes, certain types of flies, ticks and bugs can cause many diseases e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime.

AVOID BEING BITTEN BY:

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear light coloured clothes, long sleeves, trousers or long skirts.
- Use insect repellents (containing **DEET** or eucalyptus oil base) on exposed skin, clothes can be sprayed with repellents too. Impregnated wrist and ankle bands are also available. Check suitability for children on the individual products.
- If room is not air conditioned, but screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water; these are common breeding areas for mosquitoes etc.
- Electric insecticide vaporisers are very effective as long as there are no power failures!
- Electric buzzers, garlic and vitamin B are **ineffective**.

MALARIA

If you are travelling to a malarious country, the travel nurse will have given you a separate leaflet with more details, please read it.

REMEMBER, malaria is a serious and sometimes fatal disease.

ANIMAL BITES

Rabies is present in many parts of the world. If a person develops rabies, death is 100% certain. There are 3

RULES REGARDING RABIES

1. Do not touch any animal, even dogs and cats
2. If you are licked on broken skin or bitten in a country which has rabies, wash the wound thoroughly with soap and running water for 5 minutes
3. Seek medical advice **IMMEDIATELY**, even if you have been previously immunised.

ACCIDENTS

Major leading causes of death in travellers are due to swimming and traffic accidents. You can help prevent them by taking the following:

PRECAUTIONARY GUIDELINES

- Avoid alcohol and food before swimming
- Never dive into water where the depth is uncertain
- Only swim in safe water, check currents, sharks, jellyfish etc.
- Avoid alcohol when driving, especially at night
- Avoid hiring motorcycles and mopeds
- If hiring a car, rent a large one if possible, ensure the tyres, brakes and seat belts are in good condition
- Use reliable taxi firms, know where emergency facilities are

INSURANCE COVER

- Take out adequate cover for your trip. This should possibly include medical repatriation as without it, this service if needed is extremely expensive.
- If you have any pre-existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly.
- If you travel to a European Union country, make sure you have obtained an E111 form before you travel (including a photocopy of the original form). The E111 form is in the T6 leaflet, and after completion, should be stamped at the Post Office. Additional travel insurance is still advised.

AIR TRAVEL

It is sensible on any long haul flight to

- Be comfortable in your seat
- Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing exercise can further improve circulation
- Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration

Further information can be obtained from the Department of Health website detailed below with more specific advice and information on travel-related deep vein thrombosis.

SUN AND HEAT

Sunburn and heat-stroke cause serious problems in travellers. Both are preventable – to avoid, use the following:

PRECAUTIONARY GUIDELINES

- Increase sun exposure gradually, 20 minutes limit initially
- Use sun blocks of appropriate adequate 'SPF' strength (see table below). Reapply often and always after swimming and washing. Read manufactures instructions.

Suggested minimum and maximum protection factors for different skin types and destinations

	UK/Northern Europe	Mediterranean	The Tropics/Africa
Children/Sensitive Skin	SPF 10 - 15	SPF 15 - 20	SPF 20 - 25
Fair skin	SPF 6 - 10	SPF 10 - 15	SPF 15 - 20
Normal skin	SPF 4 - 8	SPF 6 - 10	SPF 10 - 15
Olive/Dark skin	SPF 2 - 6	SPF 4 - 8	SPF 6 - 10

- Wear protective clothing – sunhats etc.
- Avoid going out between 11a. – 3pm, when the sun's rays are strongest
- TAKE SPECIAL CARE of CHILDREN and those with pale skin/red hair
- Drink extra fluids in a hot climate
- Be aware that alcohol can make you dehydrated

The Foreign Office provides a travel advice information service on CEEFAX page 470 (BBC 2)

Interesting web site addresses:

Scottish NHS public travel site – www.fitfortravel.scot.nhs.uk

Department of Health – www.open.gov.uk/doh/hat/index.htm

Foreign and Commonwealth Office – www.fco.gov.uk/travel/

DOH for advice on Travel Related Deep Vein Thrombosis – www.doh.gov.uk/dvt/

HAVE A VERY HAPPY AND HEALTHY TRIP !

TRAVEL on the INTERNET!

Compiled by Jane Chiodini
02/2002



With increased use of the internet, travel health information is available in abundance. It's always wise to use well validated sites that keep their information updated regularly. Certain recommendations for appropriate vaccines are specific to the country of the origin, therefore, for this information, it is wise to use UK based sites. Have fun!

Travel related internet sites:

- Fit for Travel – an NHS site written at the Scottish Centre for Infection and Environmental Health – www.fitfortravel.scot.nhs.co.uk
- Department of Health (T6 booklet) – www.open.gov.uk/traveladvice
- Foreign and Commonwealth Office – www.fco.gov.uk/travel
- Department of Health Advice on Travel Related Deep Vein Thrombosis – www.doh.gov.uk/dvt/
- Yellow Fever Centres in the UK – www.doh.gov.uk.publich.htm
- Medical Advice Services for Travellers Abroad – www.masta.org
- UK travel health site developed by a nurse – www.travelhealth.co.uk
- British Airways for information pre and during flights, fear of flying courses, fitness to fly regulations etc. – www.british-airways.com/travel
- World Health Organisation – www.who.nt/ith/english/risks.htm

- Centre for Disease Control in Atlanta – www.medicinplanet.com
- Nomad Travellers Store – www.nomadtravel.co.uk
- Safari Equipment – www.safariquip.co.uk

- Homeway Medical – www.travelwithcare.co.uk

Other sites of interest

- Lonely planet – www.lonelyplanet.com
- Travel Health Online – www.tripprep.com/index/html
- Tropical Medicine Bureau in Dublin – www.tmb.ie
- International Society of Travel Medicine – www.istm.org
- The Hospital for Tropical Diseases – www.thehtd.org
- Tropical Screening services – www.tropicalscreening.com
- Virgin services – www.fly.virgin.com
- The Fleet Street Travel Clinic – <http://www.fleetstreetclinic.co.uk>
- Postcards for fun! – www.postcards.org



Thinking of Travelling at
The last minute?

Hoping to book a fantastic
deal on the internet



.....or get a bargain at the
travel agents?

That would be great, but
PLEASE REMEMBER we do not
have last minute appointments.
You should attend the surgery
at least 8 weeks before
departure.



Why not even come to discuss your
intended travel plans when you book
your annual leave?