

When travel vaccinations are necessary

When you need to be vaccinated will depend on where you are going and what diseases are present in the country, or countries, that you are visiting. The NHS Fit For Travel website has vaccination details for every country in the world. It lists the vaccinations that are usually advised for a destination, as well as the vaccinations that are sometimes advised.

As well as any new vaccinations that you need, also make sure that your existing vaccinations are up to date and have booster jabs if necessary. In the UK, the [childhood vaccination](#) programme covers a number of diseases. Other vaccines are recommended for those at risk, so for example, the seasonal flu jab is usually recommended for people over the age of 65.

Some vaccines are available free of charge on the NHS, these include Hepatitis A, Typhoid, Diphtheria, Tetanus and Polio. Please bring records of all previous vaccinations with you.

For up to date information and advice you can check
The National Travel Health
Network and Centre (NaTHNaC) www.nathnac.org
or NHS Fit for Travel www.fitfortravel.nhs.uk/home

Travel Charges	
Fitness to travel certificate (see above)	£30
Holiday cancellation certificate	£20
Passport countersignature	£15 adult and child
Yellow Fever injection and certificate	£60 adult and child (£20 to reissue lost cert)
Private prescription (ie Malaria)	£12 for patients travelling abroad
Meningitis ACWY vaccine	We are not able to provide this vaccine
Hepatitis B vaccine	£35 per dose
Rabies vaccine	£50 per injection, 3 injections needed.

Considerations

Exactly which vaccinations you need will depend on a number of factors. Certain activities may place you at higher risk of getting some diseases. In particular, consider the following:

- **The country, or countries, you are visiting.** In some cases, the region of a country you are visiting will also be important.
- **When you are travelling.** Some diseases are more common at certain times of the year, for example during the rainy season.
- **Where you are staying.** In general, you will be more at risk of getting diseases in rural areas than in urban areas.
- **If you are backpacking** and staying in hostels, or camping, you may be more at risk than those on a package holiday who are staying in a hotel.
- **How long you will be staying.** The longer your stay, the greater your risk of being exposed to diseases.
- **Your age and health.** Some people may be more vulnerable to infection than others, while some vaccinations cannot be given to those with a particular medical condition.
- **What you will be doing during your stay.** For example, whether you will be spending a lot of time outdoors, such as trekking or working in rural areas.
- **If you are working as an aid worker** you may come into contact with more diseases if you are working in a refugee camp, or helping after a natural disaster.
- **If you are working in a medical setting.** For example, a doctor or nurse may require additional vaccinations.
- **If you are in contact with animals,** you may be more at risk of getting diseases that are spread by animals, such as rabies.

If you are only travelling to countries in northern and central Europe, North America or Australia, it is unlikely that you will need to have any vaccinations. If you are travelling outside these countries, it is likely that some vaccinations will be required.

If the NHS Fit For Travel website says that there are vaccinations that are "usually advised", or "sometimes advised", make an appointment with your GP or practice nurse. They can discuss:

- where you are travelling to
- when you are travelling
- how long you will be travelling

Make sure that you tell your GP if you are doing any of the activities mentioned above that may place you at greater risk.



The Redcliffe Surgery
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TRAVEL VACCINATION ADVICE

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Opening Times

Monday	8.00am – 6.30pm
Tuesday	8.00am – 6.30pm
Wednesday	8.00am – 6.30pm
Thursday	8.00am – 6.30pm
Friday	8.00am – 6.30pm
Saturday	9.00am – 12.00pm

Please ask to book a phone call from the Practice Nurse at least 2 weeks before travel. If you have a complicated itinerary you will need to see the nurse at least 8 weeks before you travel, because some vaccinations are delivered in more than one dose and need to be given well in advance. Please remember to bring your previous travel vaccination records with you.

Conditions A – Z (For vaccines not provided by us, please visit a private travel centre)

Condition	High-risk Areas	Recommended for	Vaccine	Children 2-6 years	Not suitable for	Cut off date before travel
CHOLERA	Africa, India, SE Asia, Middle East, C America	Aid workers, Back packers to remote/risk areas	2 doses for adults and children over 6 (oral)	aged 2-6 will need 3 doses of vaccine at least 1 wk apart	Not suitable for children under 2 yrs	complete course at least 1 week before travel
DIPHTHERIA	Africa, SE Asia, South America	Those not previously vaccinated/ last dose over 10 years ago	Adults & children 10+ yrs, 3 doses 1 month apart, boosters after 5-10 & 10 yrs	As per UK vaccination programme. Usually combined with Polio & Tetanus	Not suitable for infants under 2 months of age	Should be up to date with boosters, no formal cut off date
HEPATITIS A	India, Africa, Central & South America, Far East, Eastern Europe	Prolonged stay in area of poor sanitation or Hep A endemic, anyone with liver disease.	Single injection, pref 2 weeks before departure	As adjacent	Not for infants under 1 year	Pref two weeks before departure
HEPATITIS B	E Europe, Russia, India, China, S & C America Africa, SE Asia, South Pacific Islands	Low risk for tourists, but higher with unsafe behaviours, or if working as relief worker	Most types of vaccine require 3 doses, over 6 months	Can be given to children from birth		Complete course over 6 month period before travel
JAPANESE ENCEPHALITIS (we do not provide this vaccine)	Tropical Australasia, China, Far East, India	If staying for long period after monsoon season, close contact with fields, pig farming	Adults 2 doses second dose 28 days after first	Children over 1 yr up to 18, 3 doses, over 28 days	Not suitable for children under 1 year	Course must be completed 28 days before travel
MENINGOCOCCAL MENINGITIS	Africa, Saudi Arabia	Staying longer than a month, backpacking, in rural areas, or a Hajj pilgrim	1 Injection given 2-3 weeks before travel. Adults and over 5s, protection lasts 5 years	Children under 5 years will be protected for only 2-3 years	2m-2y need 2 doses. Not suitable for infants under 2 months.	2-3 weeks before travel
POLIOMYELITIS	Africa, Indian sub continent, Nigeria, Niger, Egypt	Those not previously vaccinated/ last does over 10 years ago	Adults & over 10s, 3 doses 1 month apart, then boosters	As per UK vaccination programme. Usually combined with Diphtheria & Tetanus	Not suitable for infants under 2 months of age	Need to have completed 3 month course, plus any boosters
RABIES	In animals almost everywhere, & Asia, Africa, S America	Where rabies is common, or if away 1m+ & no access to prompt medical attention	Usually 3 doses, over 35 day period. Booster needed after 2-5 yrs	No minimum age for 1 type, other type from 1 yr onwards	Depending on type of vaccine - under 1 year	35 days after 1 st dose, once course completed.
TETANUS	Throughout the world, soil borne	Where lack of medical attention available	Adults & over 10s, 3 doses 1 month apart, then boosters	As per UK vaccination programme. Usually combined with Diphtheria & Polio	Not suitable for infants under 2 months	Need to have completed 3 month course, plus any boosters
TICK-BORNE ENCEPHALITIS (we do not provide this vaccine)	Russia, China, Japab, E Europe, Scandanavia	Found in forested areas, planning to stay/work there	3 doses over 12 months, boosters	As adjacent	Not suitable for infants under 1 year	Can have an accelerated course 2 doses 2 weeks apart, last one 2 weeks before travel.
TUBERCULOSIS (we do not provide this vaccine)	S America, Africa, Asia-Pacific, Indian subcontinent, Indonesia	Anyone not vaccinated, children under 16 living/working in high risk area	Needs skin test 2-10 days before vaccine, then a single injection	See adjacent, children under 6 do not need a skin test	Suitable for all children and infants from birth	No cut off date
TYPHOID FEVER	Areas of poor sanitation, Africa, India, Far East, SE Asia, C & S America	Anyone travelling to a high risk area especially if exposed to poor sanitation/food hygiene	Not 100% effective but should be given one month before travel. Lasts 3 years	See adjacent	Not suitable for infants under 2 years	One month before travelling.
YELLOW FEVER	Sub-Saharan Africa, S America	Anywhere yellow fever is found or if a ICVP cert is needed	Aged 9m or over, a single dose protects for 10 years. Min 10 days before travel	See adjacent.	Not suitable for infants under 6 months of age	No min cut off date