**Travel Health Services**

As a result of recent changes to indemnity arrangements for GP practice staff we will no longer be providing a comprehensive travel health service here at the practice. Instead we will only be able to provide those vaccinations which are free of charge to NHS patients listed below:-

* Diphtheria, polio and tetanus (combined booster)
* Hepatitis A
* Typhoid
* Cholera

You will need to seek travel advice from an alternative Travel Health Service if you are travelling abroad on holiday or for work and the contact details for some local services are listed below. We will happily provide you with a list of your previous immunisations on request.

If, having consulted a travel health advisor, you only require the NHS vaccinations you can simply call us to book the next available appointment with one of our Practice Nurses and we will provide these for you free of charge. **If the next available appointment is not soon enough for your travel needs then you will need to arrange these privately at the Travel Health Service and you will be charged.** It is important to plan ahead so that this can be avoided if possible. Specific advice for each country is available at [www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk)

**Local Travel Health Services:**

Boots, Eldon Square Newcastle 0330 100 4272

Boots, Metro Centre 0191 493 2055

Lloyds Pharmacy – Hexham General Hospital, 01434 603596

Premier Health, Regent Centre Gosforth 0191 605 3140

Superdrug, Northumberland Street Newcastle 0191 260 3190

Superdrug, Metro Centre 03330 609931

(Other services are available and their details can be found online)

**The NHS Fit for Travel website offers the following 'Ten Tips' to help you remain safe and healthy:**

**Before your trip**

1. See a health professional specialist at least four weeks before travel.
2. Ask about vaccinations that are recommended for your specific destinations.
3. Make up a first aid and medical kit containing regular and special medication for the trip - carry it in your hand luggage.
4. Make sure you have evacuation and travel insurance.

**During your trip**

1. Take precautions against malaria when needed. Prevent mosquito bites and take malaria pills as advised.
2. Road safety is important - wear safety belts in cars, helmets on bikes and avoid night-time driving and driving under the influence of alcohol.
3. Abstain from casual sex or practise safe sex with condoms to prevent HIV and other STIs.
4. Verify and consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.
5. Use sunscreen. Sun can be more intense over water, over snow and at altitude.
6. Leave animals alone, as they may transmit rabies. Seek help if bitten.

**If fever develops during or after a trip, seek medical help immediately**.