

Contacts & Other Helpful Information

Lyn Health	Tel; 01598 753226
Barnstaple Travel Clinic Email enquiries@thebarnstapletravelclinic.co.uk	Tel: 01271 442640
Travel Clinic Exeter	Tel; 01392 430590
Travel Clinic Exeter Website www.travelhealthconsultancy.co.uk	
Foreign Office (Switchboard)	Tel; 020 7008 1500
Passport Office (General Enquires)	Tel; 0300 222 0000
Fit For Travel Website www.fitfortravel.NHS.uk	

Steps to take.

1. Book your holiday in plenty of time, and when you have booked it, collect one of our travel advice leaflets from the health centre.
2. Follow the advice in the leaflet to inform you of what advice and treatment you need.
www.fitfortravel.nhs.uk , Exeter Travel Clinic, 01392 430590.
3. Book your appointment well in advance of the 8 week period for the 3 vaccines above.
4. Complete the form in the leaflet and hand into reception when you book your appointment.

*We wish you a happy,
healthy and safe journey*

Information in this leaflet is correct at the time of printing 16.10.2019

Travel Advice



LYN HEALTH

Lyn Health
Medical and Minor Injury Services
Burvill Street, Lynton. EX35 6HA
Tel 01598 753226
Email D-CCG.Lynton@NHS.net
Website www.lyntonhealthcentre.co.uk

The following information is to help you stay healthy during your trip abroad, however it does not replace information you will need to obtain by having a full travel consultation before you travel, which we are not able to provide here at Lyn Health.

Please make sure you access NaTHNaC website, listed in the back of this leaflet, and seek advice from the Travel clinic in Barnstaple (102 Boutport Street, Barnstaple Tel 01271 442640)

Travelling Overseas?

We can offer the following vaccinations for your travel requirements, which are free on the NHS. These are:

- Tetanus, diphtheria and polio combined vaccine,
- Hepatitis A
- Typhoid.

Prior to booking any appointments for vaccinations you will need to find out what is required for the country (or countries) you are visiting. **The nursing team are qualified to administer these vaccines but cannot give specific immunisation advice on other vaccines**

To do this please visit website www.fitfortravel.nhs.uk. Our Patient Services Team will be able to give you a printout of your vaccination history.

If you require any of the above vaccinations please make an appointment with the practice nursing team.

For any other vaccinations that are not available on the NHS, including anti-malarial tablets, you will be asked to make other arrangements. Many of the larger chemists and supermarkets now offer travel vaccination services, particularly Boots and Lloyds Pharmacies.

To find out more search online or call in at one of the stores.

Alternatively you can contact:

Barnstaple Travel Clinic
102 Boutport Street, Barnstaple EX31 1SY
Tel: **01271 442640**
Email: enquiries@thebarnstapletravelclinic.co.uk
Website: www.thebarnstapletravelclinic.co.uk

Many vaccinations are required to be administered at set times prior to travel. Therefore, please allow a minimum of **8 WEEKS** to complete the process. **We will not be able to administer the vaccines within 8 weeks of travel.**

Anti-Malarial Tablets

Maloff Protect anti-malarial tablets, containing atovaquone and proguanil, are now available to buy from pharmacies for adult patients.

Every year there are millions of new cases of malaria worldwide and thousands of travellers are diagnosed after returning to the UK, resulting in occasional and tragically avoidable deaths.

Maloff Protect is an over-the-counter equivalent to the adult Malarone preparation and may be sold at pharmacies after a discussion with the pharmacist. They are available to adults aged over 18, weighing more than 40kg, travelling to areas affected by malaria and where the malaria parasite is not resistant to the Maloff Protect ingredients. They are available for a maximum treatment duration of 12 weeks.

Pharmacists will be able to advise if Maloff Protect is suitable to protect from malaria depending on which countries are being visited, pre-existing medical conditions, and any other medicines being taken.

For further travel information you can also visit NHS Choices website <http://www.nhs.uk/Conditions/Travel-immunisation/Pages/Introduction.aspx>

Keeping Safe Whilst you are Away

Stay safe and healthy abroad by taking some simple precautions.

- 1) Ensure you take enough of your medications with you for the duration of your trip. Should your medications require refrigeration make sure you have access to a fridge.
- 2) Take a copy of your repeat prescription so that you have a list of the medications you take along with the dose that you are prescribed.
- 3) Get comprehensive travel insurance and read the small print.
- 4) Check the health risks before travelling, visit www.fitfortravel.nhs.uk for more information.
- 5) Check the foreign travel advice to:
 - find out about the local laws and customs, even if you're visiting friends and family
 - make sure your passport is valid and you have the necessary visasFor more information visit; www.gov.uk/foreign-travel-advice
- 6) Make sure you take copies of important travel documents and store them online using a secure data storage site.
- 7) Tell someone where you're going and leave emergency contact details with them.
- 8) Take enough money and have access to emergency funds.