

Travelling abroad this year?

Leisure, business, or visiting friends and relatives?
Know how to stay healthy whilst overseas

When you decide to travel

Visit the 'NaTHNac' website: travelhealthpro.org.uk.
This site will give you general and destination-specific travel health advice and guidance on whether any travel-specific vaccinations and/or medications might be required.



Making an appointment at the Travel Health Service

At least eight weeks before you travel, call the Contact Centre on **0800 917 6115** to arrange a travel health appointment. Contact Centre staff will ask you some screening questions to determine eligibility and the most appropriate clinical pathway for you.

Ensure you have access to your vaccination history

You will need this for your travel health appointment. If you need a copy, **contact your GP at least two weeks before your travel health appointment.**



Attending your appointment

Remember to bring your vaccination records with you.

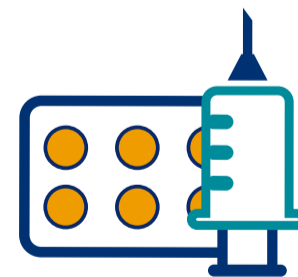
Your appointment may last 45 to 90 minutes depending on whether you are on your own or part of a group. If appropriate, one or more of the four NHS-funded travel vaccinations will be administered on the day of your appointment.

These vaccinations include: hepatitis A, typhoid, cholera, and the combined diphtheria, tetanus and polio vaccine.

If you require additional travel vaccinations, medications or a follow-up appointment

You will be advised to arrange this at your own cost via one of the many private travel clinics across Greater Glasgow and Clyde.

This may include anti-malarial tablets and/or vaccinations for yellow fever, rabies, meningitis, and hepatitis B among others.



Returning from overseas

If you are unwell on your return, contact your **GP** or **NHS 24** on **111**. **In case of an emergency call 999 or visit A&E.**

