

# 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](https://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.**



For more information visit:  
[www.nhsggc.scot/travelvaccs](http://www.nhsggc.scot/travelvaccs)

