

Travel Vaccines

See Travel nurse in appointment for advice on risk and what vaccines or anti-malarials are needed.

Vaccines given at this practice:

- ⇒ Hepatitis A (Adult & Child)
- ⇒ Hepatitis B (Adult & Child)
- ⇒ Hepatitis A & Typhoid Combined
- ⇒ Typhoid
- ⇒ Tetanus, Diptheria & Polio Combined

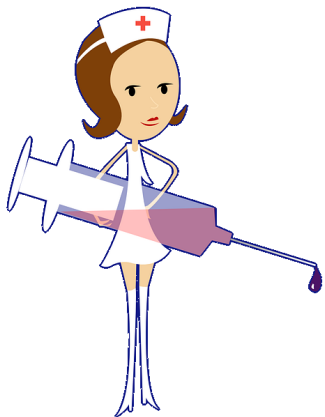
Vaccines to include certificate:

- ⇒ Meningitis ACWY (£20.00 for Private Prescription and Certificate)

Malaria Private Prescriptions (£10.00 for Private Prescription)

Vaccines **not** given on the NHS::

- * Yellow Fever
- * Japanese encephalitis
- * Tick-borne encephalitis
- * Rabies for travel purposes



Leeds Travel Clinics

Meanwood Health Centre – Leeds Overseas Travel Clinic

548 Meanwood Road, Leeds, LS6 4JN

0113 8433375

Superdrug Travel Clinic Leeds

Merrion Centre, 31-35 Merrion Way, Leeds, West Yorkshire

08443260393

Lloyds Pharmacy led Travel Clinic

2 Oatland Retail Centre, Oatland Drive, Leeds, LS7 1ST

0113 2455296

STA Travel Leeds

88 Vicar Lane, Leeds, LS1 7JH

0871 702 9827

Masta Travel Clinic

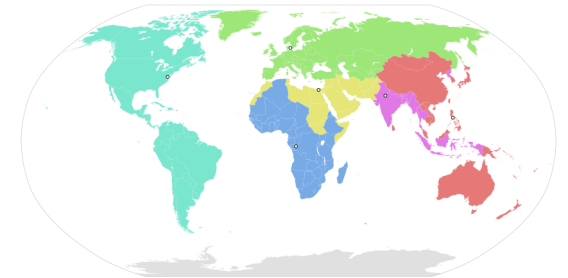
19 Albion Arcade, Leeds, LS1 5ET

0113 2387500

Check the NaTHNac website for advice on disease outbreaks and health risks in designated countries for travel:
<http://www.nathnac.org/travel/>

Leeds City and Parkside Medical Practice

Pre-travel Guidance for Patients

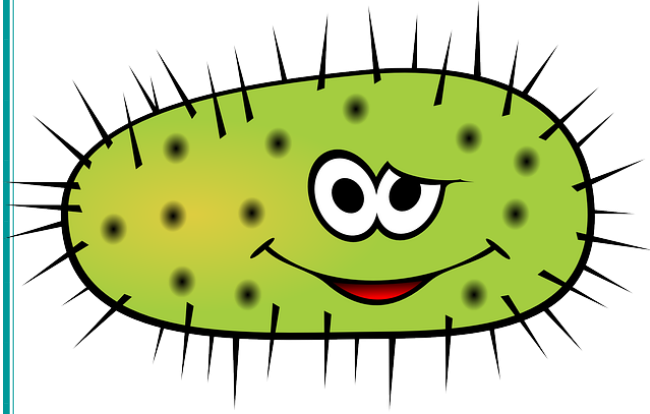


Leeds City Medical Practice

123 Cemetery Road
Leeds
West Yorkshire
LS11 8LH
0113 4677500

Parkside Health Centre

1st Floor
311 Dewsbury Road
Leeds
LS11 5LQ
0113 4677505



Meningococcal ACWY

Meningococcal disease is caused by the bacterium *Neisseria meningitidis*, which is usually a harmless commensal of the nasopharynx but occasionally causes disease. Spread is via respiratory droplets or direct contact with respiratory secretions of an infected person.

Epidemics of meningococcal disease are common in the African "meningitis belt" and have been linked to the annual Hajj pilgrimage to Mecca in Saudi Arabia.

Travel to Hajj: Vaccine **must** be given and certificate signed 10 days prior to travel. **Certificate of vaccination is required for visa.**

1. A script for the vaccine must be picked up by the patient.
2. The vaccine must be purchased from a chemist (at most chemists this must be ordered in).
3. An appointment can then be made for a nurse to administer the vaccine and issue a certificate

* If the patient is unable to attend the surgery refer to Al-Shafa Pharmacy (267 Dewsbury Rd), they can issue and administer the vaccine. *

There is a £10 charge for a private prescription and £10 charge for the Meningococcal ACWY certificate.
£10 charge for issuing a replacement certificate.

Travellers Diarrhoea

Most bouts of diarrhoea will clear up in a few days and may be accompanied by nausea, vomiting or fever.

Avoid dehydration

- Oral rehydration powders for individuals with severe dehydration/higher risk of dehydration (Dioralyte® or Electrolade®) are available in pharmacies in most countries but it is recommended to purchase them before travel.
- Avoid alcohol, caffeinated or sugary drinks which may worsen dehydration or diarrhoea.
- Medicines that reduce bowel movements are **NOT** recommended unless necessary for travel and should never be used in children, as they may cause intestinal obstruction.

Food & Drink

Contaminated food and water can cause travellers' diarrhoea, Typhoid, Hepatitis A and Cholera. **Always wash your hands before you eat.**

- Drink bottled water (with intact seal), (sealed) cans and bottles
- Drinks containing boiling hot water (tea/coffee) are generally safe.
- Use boiled or bottled water to clean teeth.
- Boiling water destroys common water borne parasites.
- Water filters & chemical treatments may be used to purify water, though is not as effective as boiling.

Avoid:

- Ice in drinks
- Salads/Uncooked fruits and vegetables (unless washed in safe water and peeled)
- Fresh/cooked food standing at room temperature in warm environments or that has been exposed to flies (open buffets).
- Unpasteurised milk, cheese, ice cream and other dairy products
- Raw or undercooked shellfish or seafood.
- Reheated food, especially rice, meat or fish.
- Street food, unless cooked immediately in front of you and served hot on clean crockery.
- All parts of cooked food should reach temperatures of 75°C.

Malaria

Malaria is caused by a *Plasmodium* parasite and spread via the bite of an infected mosquito.

- Malaria is found mostly in the tropics and subtropics such as Africa, Central and South America, Asia and the Middle-East.
- Young children, pregnant women and individuals with a weakened immune system are at particular risk of developing serious disease.

See Travel nurse for advice on anti-malarials.

- The type of anti-malarial available depends on medical history, age, contraception, pregnancy, region of travel and drug resistance.
- Private prescriptions are needed for Proguanil Hydrochloride & Atovaquone (Malarone), doxycycline and Mefloquine. All Private prescriptions will carry a £10.00 charge

Bite Prevention

Avoiding mosquito bites particularly between **dusk and dawn** reduces your chance of being infected with diseases, such as malaria, dengue fever, yellow fever, encephalitis, West Nile Virus and Chikungunya. In regions where mosquitoes are present:

- ◆ Use insecticide-treated mosquito nets
- ◆ Wear long clothing to cover exposed skin
- ◆ Use insect repellent at the correct dose (containing DEET)

Avoid bites from ticks which may cause disease by wearing long clothing when walking through vegetation.

