

Travel Vaccines

Leeds City Medical Practice **does not** provide a comprehensive travel assessment. We provide basic information and administer only the vaccines stated below, if required.

You must contact the surgery at least 8 weeks prior to travel to be given an appointment with the nurse.

Vaccines given at the practice:

- * Hepatitis A (Adult & Child)
- * Typhoid
- * Tetanus, Diphtheria & Polio Combined

If you require other vaccines or Malaria Tablets, please access a pharmacy or Travel Clinic; there will be a payment.

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

- * Yellow Fever
- * Hepatitis B
- * Japanese Encephalitis
- * Tick-borne Encephalitis
- * Rabies (for travel purposes)
- * MenACWY
- * Malaria Tablets



Pharmacy or Travel Clinic

Al-Shafa Pharmacy

267 Dewsbury Rd, Leeds LS11 5HZ
0113 276 2954

Midway Pharmacy & Travel Clinic (Middleton)

23 Middleton Park Circus, Leeds, LS10 4LX
0113 271 4699

Midway Pharmacy & Travel Clinic (Morley)

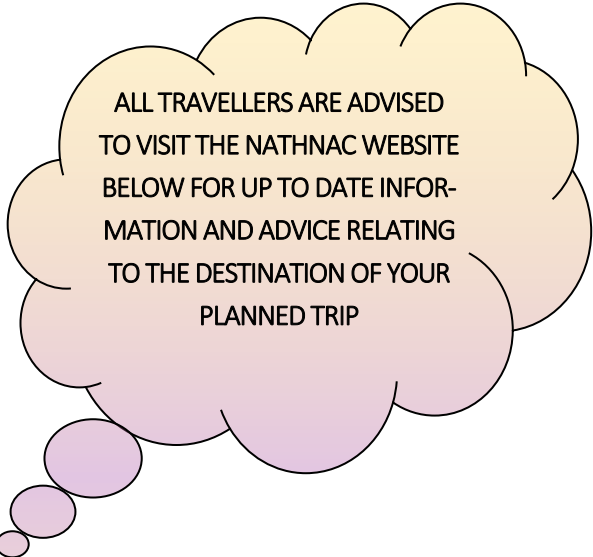
Little Fountain St, Morley, LS27 9EN
07732 535574

Superdrug Travel Clinic (Leeds Centre)

31-35 Merrion Way, Leeds, LS2 8NG
0333 311 1007

Woodhouse Medical Practice: Private Vaccination

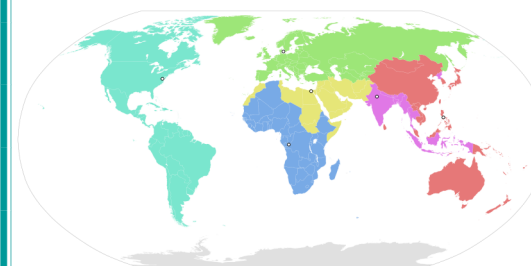
www.sfvaccinations.co.uk



ALL TRAVELLERS ARE ADVISED
TO VISIT THE NATHNAC WEBSITE
BELOW FOR UP TO DATE INFORMATION
AND ADVICE RELATING
TO THE DESTINATION OF YOUR
PLANNED TRIP

Leeds City Medical Practice

TRAVEL GUIDANCE FOR PATIENTS




Leeds City Medical Practice

123 Cemetery Road
Leeds
LS11 8LH

Parkside Health Centre

1st Floor
311 Dewsbury Road
Leeds
LS11 5LQ

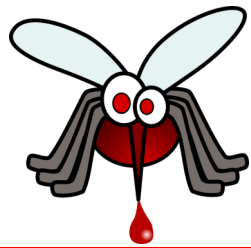
 0113 467 7500

 bhmp@nhs.net

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 & 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.
- The type of anti-malarial available depends on medical history, age, contraception, pregnancy, region of travel and drug resistance.



Bite Prevention

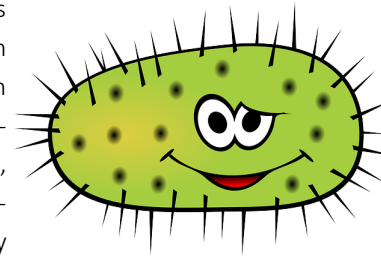
Avoiding mosquito bites particularly between **dusk and dawn** reduces your chance of being infected with diseases, such as malaria, dengue fever, yellow fever, encephalitis, West Nile Virus and chikungunya. In regions where mosquitoes are present:

- ◆ 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.

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.

MenACWY vaccine is not part of the NHS free vaccines.

Travel to Hajj: The vaccine must be given and certificate signed 10 days prior to travel.

Certificate of vaccination is required for your visa.

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 seals, 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.

