

Immunisation for Foreign Travel Questionnaire

Name Tel.no

Address Date of Birth Age

Which country are you visiting?

Are you going to Hajj or Umrah? Yes No

When do you leave? Length of Stay?

Are you stopping anywhere on the journey? Yes No

If so, where Length of Stay?

Are you staying in a hotel/private home? Yes No

Will you camp or sleep rough? Yes No

Have you been immunised against:

Tetanus Yes No When?

Polio Yes No When?

Typhoid Yes No When?

Meningitis Yes No When?

Yellow Fever Yes No When?

Rabies Yes No When?

Hep A Yes No When?

Hep B Yes No When?

Have you reacted badly to any vaccines? Yes No

If so, which vaccine?

Are you allergic to any medication?

Any medical problems requiring regular supervision? Yes No

If yes, what is the problem?

Are you taking steroids? Yes No

Taking other medication on a regular basis? Yes No

Are you pregnant? Yes No

I confirm the above answers to be correct to the best of my knowledge and request immunisation as appropriate to my trip together with advice on anti-malarial drugs.

Patients Signature Date

HOLIDAY VACCINATIONS AND ADVICE FOR TRAVELLERS

Malaria prevention:

If you are going to an area where you are at risk of being bitten by mosquitoes Malaria tablets are essential and these can be purchased at the chemist.

Mosquitoes bite after dark – tablets provide a degree of protection but it is better to avoid being bitten. Wear clothing that covers arms and legs; use insect repellent sprays. Indoors use room sprays and plug-ins. Keep windows and doors closed.

If you develop any illness during the months following your holiday seek medical advice and be sure to tell your doctor where you have been travelling.

General tips for safe and healthy travelling:

Water

Use only bottled water to drink and clean your teeth. Remember to avoid ice cubes.

Food

Contaminated food is the commonest cause of diseased abroad. You can help to prevent it by:

- Avoiding leftovers and reheated food
- Only eat well-cooked fresh foods
- Avoiding salads
- Only eat fruit you can peel
- Avoiding ice cream
- Avoiding shellfish
- Avoiding food from street vendors

Travellers diarrhoea

This is the most common illness you will be exposed to whilst you are abroad. There is no vaccine against it. It is caused by eating or drinking food and water that is contaminated by bacteria, viruses or parasites. You can help to minimise it by following the food and water advice already given.

Animal bites

Avoid touching any animal including cats and dogs. If scratched or bitten wash wound with soap and running water for 5 minutes and seek medical help.

Accidents

- Avoid alcohol before swimming.
- Never dive into water before checking depth.
- Avoid mopeds and motorcycles.
- Make sure you have adequate Insurance cover.
- Take great care in the hot sun. Use adequate sun protection, especially with children. Keep children out of the sun between 11:00am – 3:00 pm and try to make them wear sun hats.
- Drink extra fluid and be aware that alcohol may cause dehydration

Have a very happy and healthy trip