

Travel Health

Due to the increased complexity of travel health issues, with widespread outbreaks of diseases such as Zika and the lack of specially trained travel health nurses, we now only provide travel advice for those patients travelling to the SPECIFIC countries listed overleaf AND ONLY if staying in a one-centered holiday complex.

There are a small number of travel vaccinations which are provided for free on the NHS; we will continue to provide these:

Diphtheria/Tetanus/Polio-available only as a combined vaccine

Hepatitis A

Typhoid

Cholera

Any other vaccines required for travel purposes-of which there are a number-can only be accessed via specialist Travel Health Clinics (THC) and will require risk-assessment by a trained travel health advisor. This may also incur a charge.

Malaria

Due to the constantly changing global environment and the associated changes in malaria spread, we also no longer offer anti-malarial advice or prescriptions for medication. Again, these must be accessed via a trained travel health advisor.

Before travelling abroad, it is important to be aware of the possible health risks associated with your destination (these can differ greatly from country to country) and how to prevent/minimise the chances of them occurring.

The websites below advise on all aspects of travel health: which vaccines are essential, which ones you may need depending on a risk-assessment; types of travel, eg. Cruises; malaria risk areas.

www.nhs.uk/conditions/travel-vaccinations

www.fitfortravel.nhs.uk

www.gov.uk/foreign-travel-advice

<https://travelhealthpro.org.uk>

If consulting one of these websites, it is important that you read all of the information provided about your destination.

Countries for which we will provide advice for one-centre holidays

Abu Dhabi	Canary Islands	Germany	Luxembourg	Russia
Albania	Corfu	Gibraltar	Macedonia	San Marino
Alaska	Corsica	Greece	Madeira	Santorini
Andorra	Crete	Greenland	Malta	Sardinia
Armenia	Croatia	Hawaii	Mexico	Serbia
Austria	Cuba	Hungary	Moldova	Sicily
Australia	Cyprus	Iceland	Monaco	Slovakia
Azores	Czech Republic	Ireland	Morocco	Spain
Bahrain	Denmark	Israel	Netherlands	Sweden
Balearics	Dubai	Italy	New Zealand	Switzerland
Bermuda	Estonia	Japan	Norway	Tasmania
Belarus	Egypt	Jordan	Poland	Tunisia
Belgium	Faroe Islands	Kosovo	Portugal	Turkey
Bosnia	Finland	Latvia	Qatar	UAE
Bulgaria	France	Lichtenstein	Rhodes	USA
Canada	Georgia	Lithuania	Romania	

Local Travel Health Clinics

Boots Pharmacy Travel Clinic:
2-5 Market Place, Durham, DH1 3NB
[Tel:0191 3842213](tel:01913842213)

Superdrug Travel Clinic:
Unit G Arnison Shopping Park, DH1 5GB
Tel: 0333 3316406

Masta Travel Clinic:
Bowburn Pharmacy, 2 Ash Terrace, Bowburn, DH6 5AS
Tel: 0330 1004200

We will be happy to provide you with a copy of your current immunisation record to help inform you and staff at a travel clinic of your choice.