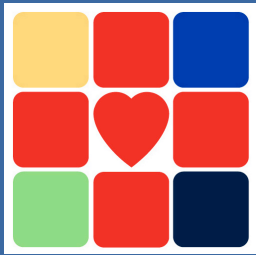


# Charnock Health Newsletter



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## Charnock Health Primary Care Centre

Welcome to our regular newsletter, now available online as well as in surgery.

### Holiday and travel advice service

**We are pleased to offer our patients a full travel advice service including immunisations and travel information on a wide range of subjects**

Be sure to allow enough time to prepare for your holiday or business trip with vaccinations and health advice to help prevent illness spoiling your journey.

#### **How do I arrange to have my holiday vaccinations?**

Just make an appointment to see one of our nurses. Do let the receptionist know that you are needing travel advice when you book the appointment and please use our travel health questionnaire to give us details of your trip before you come in to see the nurse. This allows us to check the most up-to-date advice and order any vaccines you might need. Factors such as precise destination, length of stay, type of accommodation and holiday activities are all important to help us to work out what you need. We are an accredited yellow fever vaccination centre and can help you with this if you need it. Some vaccines are not covered by the NHS and may involve a fee.

#### **When do I need to come in to discuss my trip?**

We ask you to see the nurse at least six weeks before you are due to travel so that we can give you your vaccines in plenty of time. Bear in mind that vaccination is not immediately effective so we always recommend completing your vaccinations at least two weeks before you travel.

#### **I'm going to the tropics, will I need malaria tablets?**

As yet there is no effective vaccine, so protection against malaria involves a number of steps including insect repellent sprays and creams, clothing advice, sleeping nets and anti-malarial drugs. The exact advice will vary depending on your destination and a number of other factors. We can advise you.

#### **How can I find out more about keeping healthy whilst away?**

Use our website and look at the links to more detailed advice there. Go to the "Clinics and Services" page on our website and click on "Travel Vaccinations". The list of destinations there will provide a link to the official "Fit for Travel" website where you can get up-to-date advice on protection against specific diseases a whole range of other health related subjects including the following :

Accidents • Altitude sickness • Fitness to fly • Animal bites and rabies • Backpacking  
• Traveling with children • Deep vein thrombosis • Elderly and disabled travelers •  
First aid • Motion sickness • Pregnancy and travel • Insect bites • Sun protection •  
Travel insurance • Remote travel and expeditions

We can help you  
with....

Any immunisations  
you might need to  
protect you on your  
journey

•  
Checking for the risk  
of malaria and how  
best to protect  
yourself against  
catching it

•  
Advice and guidance  
about a wide variety  
of other holiday  
health issues to help  
you avoid getting ill  
whilst you are away.

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### Important!

**You need to book  
with the nurse at  
least six weeks  
before you travel to  
make sure you are  
fully protected for  
your trip**

### Charnock Health Travel Questionnaire

Save time and make it easier to get the right advice for your trip. Just complete our online travel questionnaire and submit it a week or so before you book your appointment with the nurse. This will allow us to make sure that we have the correct vaccines available for you. Go to the "Clinics and Services" page on our website and click on "Travel Vaccinations". A printed version of this form is also available in reception or just scan the code on your smartphone.

