

TRAVEL HEALTH INFORMATION LEAFLET: ADULT

This information leaflet provides you with some of the information you may need to travel outside of the UK. The booklet also provides you with some health and safety advice when travelling and the resources available to you to find further information on your proposed trip.

Vaccinations are likely to take minimum of 14 days before full effect is reached. If you need more than one dose of a vaccination course a minimum 4-week interval period is needed. Please book your travel appointment with ample time before travel, we recommend 6 weeks to provide you with the best service we can.

The NHS provides some travel vaccinations, but not all. If you need to source other vaccinations through private means, it will be your responsibility to organise this prior to travel. There are charges for vaccinations and medications sourced privately. You can receive these at any Bristol travel clinic.

The patient takes ultimate responsibility for their health and actions while travelling abroad and Cadbury heath health centre can offer advice but ultimately does not hold any liability for medical incidences occurring outside of the Practice.

Vaccine recommendations:

Patients are recommended to be up to date with the UK routine vaccination schedule before travel. This includes three doses minimum of a tetanus-based vaccination and two doses of an MMR (Measles Mumps and Rubella) Vaccination. Patients will need a 4-week gap between doses please consider this time frame when booking vaccination appointments.

DTP:

Diphtheria, Tetanus and Polio (DTP) vaccinations are offered to patients to enhance primary dosing and as boosters. You should ideally have had three primary doses of a tetanus vaccination and a booster within the last ten years prior to travel.

This is advised for travel anywhere outside of the UK. This vaccination is currently offered on the NHS, free of charge. Tetanus is an acute disease caused by the action of tetanus toxin, released following infection by the bacterium *Clostridium tetani*. Tetanus spores are present in soil or manure and may be introduced into the body through a puncture wound, burn or scratch – which may go unnoticed. The bacteria grow anaerobically at the site of the injury and have an incubation period of between four and 21 days (most commonly about ten days).

For any Tetanus prone wound you sustain while travelling, it is advised to squeeze or bleed

the wound, wash the wound thoroughly, cover the wound and seek medical attention. This vaccination is offered at Cadbury heath healthcare.

Who can have the vaccine:

Children from 8 weeks will receive tetanus boosters as part of their routine schedule, Adults from 18 years can have the DTP booster.

Booster interval:

4 weeks

HEPATITIS A:

This vaccination is made of a two-course dose with a 6-month interval between doses. Hepatitis A is an infection of the liver caused by hepatitis A virus. The disease is generally mild, but severity tends to increase with age. Asymptomatic disease is common in children. This disease is transmitted through contaminated food and water.

It is advised when travelling to make sure food and water standards are adequate and avoid contaminated water in all forms. E.G swimming in stagnant waters, brushing teeth with non-treated tap water. This vaccination is offered at Cadbury heath healthcare.

Who can have the vaccine:

Those 1 year-15 years old can receive 2 doses of a junior vaccination

Those 16 years and older receive 2 doses of adult vaccination.

Booster interval:

6-12 months after 1st dose.

TYPHOID

Typhoid fever is a systemic infection caused by the gram-negative bacterium *Salmonella enterica*, subspecies *enterica*, serotype *typhi*. Following ingestion of contaminated food or water, *S. typhi* penetrates the intestinal mucosa, replicates, and enters the bloodstream. The severity of symptoms varies.

It is advised when travelling to make sure food and water standards are adequate and avoid contaminated water in all forms. E.G swimming in stagnant waters, brushing teeth with non-treated tap water. Not all recipients of typhoid vaccines will be protected against typhoid fever, and travellers should be advised to take all necessary precautions to avoid contact with or ingestion of potentially contaminated food or water. A single dose of the vaccine should be administered at three-year intervals. This vaccination is offered at Cadbury heath healthcare.

Who can have the vaccine:

A single dose is recommended to patient over 2 years of age.

JAPANESE ENCEPHALITIS

Japanese encephalitis (JE) is a mosquito-borne viral encephalitis caused by a flavivirus. It is the leading cause of childhood encephalitis in Asia. It is endemic in rural areas, especially where rice growing and pig farming coexist, and epidemics occur in rural and occasionally in urban areas. Highest transmission rates occur during and just after wet seasons when mosquitoes are most active. However, seasonal patterns vary both within individual countries and from year to year, and cases of JE are also reported outside of the normal seasonal period of high transmission. This disease is not transmitted from person to person. The incubation period is from 5 to 15 days.

This vaccination is not offered at Cadbury heath health centre. If you would like to receive the vaccination, please enquire with a travel clinic.

RABIES

Rabies is an acute viral encephalomyelitis caused by members of the lyssavirus genus. Infection is usually via the bite or scratch of a rabid animal, most frequently a dog. In some parts of the world, other animals are important sources of exposure. In parts of Europe (including the UK) EBLV-1 and EBLV-2 are found in insectivorous bats and have occasionally caused human disease. Rabies is almost always fatal, death resulting from respiratory paralysis. There is no specific treatment other than supportive care once clinical symptoms develop.

This vaccination is not offered at Cadbury heath health centre. If you would like to receive the vaccination, please enquire with a travel clinic.

HEPATITIS B

Hepatitis B is an infection of the liver caused by the hepatitis B virus (HBV). The virus is transmitted by parenteral exposure to infected blood or body fluids. Transmission mostly occurs through vaginal or anal intercourse, as a result of blood-to-blood contact through percutaneous exposure (e.g. sharing of needles and other equipment by people who inject drugs or 'needlestick' injuries) or through perinatal transmission from mother to child. Transmission has also followed bites from infected persons, although this is rare.

It is advised patients avoid tattoos or piercings in foreign countries and use contraceptive protection to avoid sexually transmitted diseases.

If you are travelling abroad to work in a hospital or care setting you can receive this vaccination through a travel clinic, it is not offered at Cadbury heath health centre.

CHOLERA

Cholera is an acute diarrhoeal illness caused by the gram-negative bacterium *Vibrio cholerae*. The disease is mainly water-borne through ingestion of faecal contaminated water, shellfish and other foods. Person-to-person spread may occur through the faecal–oral route. The risk to travellers even in infected areas is very small.

If you are travelling to an area where there is a cholera outbreak or if you are travelling to work in a hospital or care setting to care for those with Cholera, you should consider this vaccination. This vaccination is offered at Cadbury heath healthcare.

Who can have the vaccine:

This vaccination is a prescribed Oral vaccination and can be received at Cadbury Heath health centre.

Adults and children over six years of age:

First dose of vaccine on day 0.

Second dose between one and six weeks after the first dose.

Children two to six years of age:

First dose of vaccine on day 0.

Second dose between one and six weeks after the first dose.

Third dose between one and six weeks after the second dose.

Yellow Fever:

Yellow fever is an acute flavivirus infection spread by the bite of an infected mosquito. Some countries require you to have this vaccination before entering or leaving this country it is important that you have the correct vaccination and documentation if you are travelling to an area where yellow fever is prevalent.

This vaccination is a live vaccination and can be given at a travel clinic, This vaccination is not offered at Cadbury heath healthcare.. Please see the below link for countries requiring you to have this vaccination.

<https://nathnacyfzone.org.uk/factsheet/65/countries-with-risk-of-yellow-fever-transmission>

Malaria, Tick and Insect Bites:

If you are travelling to an area where Malaria is present and require Antimalarials; please book an appointment with a local pharmacist who can prescribe this for you. Cadbury heath health care will not prescribe this for you, but we can give you guidance and advice if you might need antimalarials in the country you are travelling. There will be charges for this medication.

If you are travelling to an area where the prevalence of mosquito transmitted diseases is low, you may not need antimalarials, but it is advised to exercise ABCD of bite avoidance and prevention:

Awareness of the risk – Risk depends on the specific location, season of travel, length of stay, activities and type of accommodation.

Bite prevention – Travellers should take mosquito bite avoidance measures.

Chemoprophylaxis (if needed) – Travellers should take antimalarials (malaria prevention tablets) if appropriate for the area (see below). No antimalarials are 100% effective but taking them in combination with mosquito bite avoidance measures will give substantial protection against malaria.

Diagnosis – Travellers who develop a fever of 38°C [100°F] or higher more than one week after being in a malaria risk area, or who develop any symptoms suggestive of malaria within a year of return should seek immediate medical care. Emergency standby treatment may be considered for those going to remote areas with limited access to medical attention.

Covid-19:

The health advice for Covid-19 travel is forever changing. It is at the discretion of the travelling country to outline the border measures. It is advised to use the <https://www.gov.uk/foreign-travel-advice> website to review the current Covid-19 guidelines. Most countries will need you to provide proof of an initial 2 dose course. Organisation of any booster vaccinations are with the covid vaccination hub which can be assess through calling 119.

Sexual Health and Zika Virus:

If you are planning a pregnancy, it is advised that you review the zika virus news for the country you are travelling to. Zika virus (ZIKV) is a viral infection transmitted by mosquitoes which predominantly feed between dawn and dusk. A small number of cases of sexual transmission of ZIKV have also been reported. Most people infected with ZIKV have no symptoms. When symptoms do occur, they are usually mild and short-lived. Severe complications and deaths are not common. However, ZIKV is a cause of Congenital Zika Syndrome (microcephaly and other congenital anomalies) and neurological complications such as Guillain-Barré syndrome.

Prevention:

All travellers should avoid mosquito bites particularly between dawn and dusk.

There is no vaccination or medication to prevent ZIKV infection.

Women should avoid becoming pregnant while travelling in this country, and for 2 months (8 weeks) after their last possible ZIKV exposure (see below if male partner has travelled).

If a woman develops symptoms compatible with ZIKV infection, it is recommended she avoids becoming pregnant for a further 2 months following recovery.

Pregnant women who visited this country while pregnant, or who become pregnant within 2 months after their last possible ZIKV exposure, should contact their GP, obstetrician or midwife for further advice, even if they have not been unwell.

Please note screening of returning travellers without ZIKV symptoms is not available on the NHS. Couples planning pregnancy in the very near future should consider whether they should avoid travel to a country or area with risk of ZIKV, rather than delay conception for the recommended period (see below) after travel. This particularly includes couples in assisted fertility programmes.

Preventing sexual transmission:

Couples should follow guidance on prevention of sexual transmission of ZIKV and avoid conception as follows:

If both partners travelled, for 3 months after last possible ZIKV exposure

Male traveller only, for 3 months after last possible ZIKV exposure

Female traveller only, for 2 months after last possible ZIKV exposure.

If you need contraception, please contact your GP.

It is advised to practise safe sex when travelling using condoms.

Health and Safety:

There are some risks that are relevant to all travellers regardless of destination. These may for example include road traffic and other accidents, diseases transmitted by insects or ticks, diseases transmitted by contaminated food and water, sexually transmitted infections, or health issues related to the heat or cold.

Some additional risks (which may be present in all or part of the countries you are travelling) are mentioned below and are presented alphabetically.

Altitude

Biting insects or ticks

Dengue

Influenza
Outdoor air quality
Schistosomiasis

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for review annually

References/ Approved websites for guidance and further advice:

Iwasaki, A. and Omer, S.B. (2020). Why and How Vaccines Work. *Cell*, [online] 183(2), pp.290–295.

<https://travelhealthpro.org.uk/index.php>

<https://www.fitfortravel.nhs.uk/home>

<https://www.nhs.uk/conditions/travel-vaccinations/>

<https://www.gov.uk/foreign-travel-advice>

<https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book>