

For adequate protection, plan your journey in advance as most vaccines and travel medicines need to be started before travelling. Not all travel medicines and vaccines are free through the NHS.

Where can I get travel advice?

All pharmacies can give free travel advice. You can also visit the following websites for travel health information and information specific to your destination:

- Health advice:
www.travelhealthpro.org.uk/countries
- General travel information:
www.gov.uk/foreign-travel-advice

Are all travel vaccines free?

Not all vaccines are free on the NHS, even if they are recommended for travel to a certain area. There may be charges applied for the following vaccines (non-NHS vaccines):

- [Hepatitis B](#)
- [Japanese Encephalitis](#) and [tick-borne encephalitis](#)
- [Meningitis vaccines](#)
- [Rabies](#)
- [Tuberculosis \(TB\)](#)
- [Yellow Fever](#)

The cost of travel vaccines can vary. Services provided via an online doctor may cost more.

Where can I get my travel vaccine?

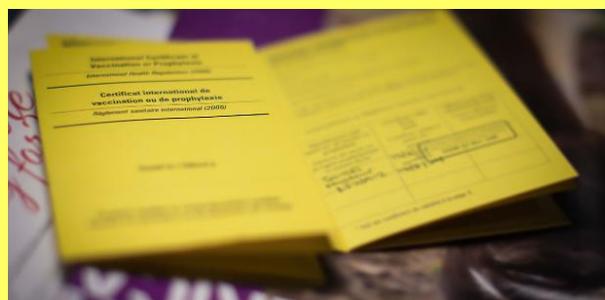
Ask your pharmacy or GP practice for the 'Lewisham Travel Directory' or visit www.lewishamccg.nhs.uk/vaccinations, for the list of community services that offer travel vaccines and malaria prevention medicines in Lewisham.

Travelling with medicines

- Take medication in its original pharmacy packaging labelled with the patient's name.
- If you take regular medication, take a copy of your repeat prescription which lists all your medicines.
- You should consider packing a first aid kit containing items such as pain killers, plasters, diarrhoea treatment medication and oral rehydration solution.
- For more information on travelling with medicines containing controlled drugs please visit, www.gov.uk/travelling-controlled-drugs and check with the embassy of the country you are travelling to.

Yellow Fever

-  Yellow fever is a deadly viral infection that is spread by the bite of an infected mosquito. It mainly bites during daylight hours.
-  It is found only in parts of Central and South America and Sub-Saharan Africa. Yellow fever risk areas can be viewed on a map via this link www.fitfortravel.nhs.uk/advice/disease-prevention-advice/yellow-fever/yellow-fever-risk-areas
-  **YOU MUST GET VACCINATED** and take measures to protect yourself from mosquito bites, to prevent yellow fever.
-  To find your nearest yellow fever center visit, www.nathnacyfzone.org.uk/search-centres



After you have had the vaccine, you will receive a signed and stamped **International Certificate of Vaccination or Prophylaxis**, which you must take with you on your trip.

MALARIA

How do I protect myself against malaria?

You can protect yourself against malaria by taking malaria prevention tablets and protecting yourself from mosquito bites. For more information visit, www.lewishamccg.nhs.uk/malaria

Do I need a prescription for anti-malaria tablets?

No, you can purchase anti-malaria tablets, directly from your pharmacy. Please see the list of pharmacies that supply malaria prevention tablets on the above link or ask your pharmacist for the 'Lewisham Travel Directory'.

PROTECT YOURSELF FROM MOSQUITO BITES

Use an effective repellent Wear the right clothes



Look for:
Picaridin, IR3535
DEET



Sleep under a
mosquito net



Choose lighter colors,
looser fits, long sleeves + pants