

Malaria Prophylaxis

There is no absolute protection against malaria.

In many parts of the world, inadequate use of control measures means that the virus has become resistant to certain drugs.

The surgery has up to date information on what special precautions are required.

IT IS IMPORTANT TO AVOID BEING BITTEN

- Sleep in a screened room
- Use a fly spray
- Use an electric insecticide vaporiser during the night
- Wear long sleeve shirts and trousers after sunset
- Use DEET insect repellents on skin and clothes

Obtaining Anti-Malarial Drugs

Paludrine and **Chloroquine** can be bought directly from a chemist.

Mefloquine, **Malarone** or **Doxycycline** are required in some areas. You will need a private prescription (£12.00 plus the cost of the drug) from your doctor to be able to buy this from a pharmacy.

Details can be discussed with our Practice nurses in the travel clinic.

You may need enough tablets to commence one or two weeks before departure, during the visit and for four weeks after your return. Check with your nurse or pharmacist for precise instructions.

We hope you have a happy and safe trip abroad

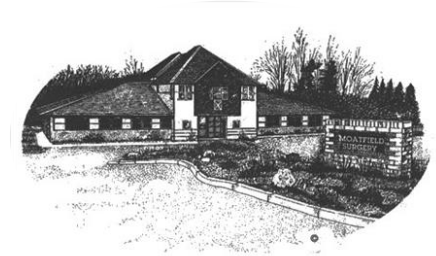


Please Remember

- Vaccinations do not give 100% protections against disease
- Be careful with food and drink. Diarrhoea and vomiting diseases are very common when travelling.
- Avoid excessive sun exposure and always remember to wear adequate sun screen.
- When hiring cars or motorcycles always drive carefully. Always wear your seatbelt and crash helmet

Please settle your account before leaving the surgery. We can accept cash or card and will provide you with a receipt.

Moatfield Surgery East Grinstead



Travel Clinic and Immunisation Information

Moatfield Surgery offers this service for the convenience of patients. The practice does not give a best price guarantee but applies charges to cover the cost of service delivery. Patients are advised to contact other providers to ensure an informed decision.

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Travel Vaccination Fees

Certain vaccinations are not available under the NHS when they are required for travel. This means that payment is required.

There are on the other hand, a number of vaccines provided completely free to patients for travel vaccines.



The following is a guide to travel vaccinations that may or may not incur a charge.

The type of vaccines required, and malaria prevention precautions, will depend on where your travel plans take you.

These details can be discussed with our Practice Nurse in the Travel Clinic

To book an appointment, please ask at reception or phone us in good time for your preferred appointment day.

Vaccines Free on the NHS

Adult diphtheria / tetanus / polio
Booster required at 10 years.
Hepatitis A
<ul style="list-style-type: none"> • Single dose immunity lasts for three years. • Booster dose given 6 – 12 months later will give 10 – 25 years cover • Subsequent boosters required every 10 – 25 years
Typhoid
Single vaccination but requires booster dose after 3 years
Swine Flu (Pandemrix)
Single injection for healthy travellers to the southern hemisphere (£12.00 admin charge)
Note: Patients deemed 'At Risk' of Swine Flu can receive vaccination free of all charges
Cholera
A course of two doses (oral) two weeks apart. This is <u>not</u> available at Moatfield and must be obtained from MASTA, Gatwick Travel Clinic
Pneumovax
£15.00 for travel purposes. Free to patients in 'at risk' groups.

Vaccinations incurring a charge The fee covers the full cost of the vaccine

Hepatitis B	Three injections (0, 1 and 6 months apart). Immunity may take 6 months to fully develop. Booster every 5 years. (Rapid Course Available)	£40 per injection £120 course
Japanese B Encephalitis	Course of 2 injections (0 and 28 days apart). 2 months to 3 years old: half dose, 3 years to adult: full dose	£70 per injection £140 course
Meningitis ACWY (over 11 years old)	Single dose, booster	£60 per injection
Rabies	Course of three injections (0, 7-14 and 28 days apart). Booster at three years	£48 per injection £144 course
Tick-bourne Encephalitis	3 doses over a year	£58 per injection £174 course
Yellow Fever	Single dose course, booster at 10 years Must be given 10 days before departure for valid certificate	£55.20 per injection
MMR	Two doses required	£25 per injection