



What are your health risks abroad?



Being aware of the risks and taking all sensible precautions to minimise these where you can is advised. We may, for example be able to provide travel vaccinations to give you protection. This is why it's important for you to see the travel health adviser as soon as possible and in good time before your departure date.

Disease risks

When you travel abroad, especially to resource poor tropical countries there are many health risks you may be exposed to. These are just some of the many infections present in many such countries: malaria, dengue fever, yellow fever, tick borne encephalitis, Japanese B encephalitis, travellers' diarrhoea, hepatitis A, typhoid, tetanus, polio, hepatitis B and C, HIV, meningitis, tuberculosis, diphtheria and rabies, to name but a few.

Other risks

- ◆ Accidents (the 2nd most common cause of death in travellers)
- ◆ Complications from pre-existing medical conditions
- ◆ Safety and security Heat and sun
- ◆ Dangerous animals
- ◆ Culture shock

What travel vaccines are available?

Hepatitis A, typhoid and polio vaccines are available as an NHS provision but some vaccines, for example, rabies and yellow fever will have to be paid for privately.

Your travel health adviser can inform you of the timing of courses and costs involved, but sufficient time is needed for such plans.

