

## **Travel Guidance**

We run a Travel Health Clinic on Tuesday evenings and Saturday mornings on a rota basis. It is important to book through the Nurses Wing (Tel: 01579 341920) more than a month before departure as you may require courses of vaccinations that take a month to complete.

Please complete and return the required [Travel Health Assessment Form](#) at least 24 hours before your clinic appointment. This allows us to process your travel plans and endeavour to provide a one stop clinic.

Last minute travel is great business for the Travel Agent but not for your safety!

There are many infections and diseases that we have never been exposed to out there – like daytime biting mosquitoes that cause Dengue Fever and the increase of night-biting malaria-carrying mosquitoes, even celebrities like George Clooney and Cheryl Cole contracted it recently!

Deaths from the Rabies virus are increasing and longer stay holiday makers are being recommended to consider the pre-exposure course of vaccinations because once you are bitten there may be no immunoglobulin injections available, it is in very short supply at present.

We want you to enjoy a very happy and memorable holiday but not memorable by returning with an illness you can prevent through appropriate vaccination.