



Colton Mill and The Grange Medical Centre Travel Assessment Form

Date Received.....

Please complete this form and hand it in at reception as soon as possible.

If your date of travel is within the next 8 weeks, we may not have the capacity to provide travel advice and immunisations – please see overleaf for details of alternative travel clinics.

Personal Details

Name:	Date of Birth:
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Daytime contact telephone no:

Dates of trip

Date of Departure	
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Return date or overall length of trip	
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Itinerary & purpose of visit

Country and region visiting	Length of Stay	Away from medical help at destination. If so, how remote?
1.		
2.		
3.		
4.		

Please tick as appropriate below to best describe your trip.

1. Type of Trip	Business		Pleasure		Other	
2. Holiday Type	Package		Self-organised		Backpacking	
	Camping		Cruise ship		Trekking	
3. Accommodation	Hotel		Relatives/family home		Other	
4. Travelling	Alone		Family/friends		Group	
5. Type of area staying in	Urban		Rural		Altitude	
6. Planned activities	Safari		Adventure		Other	

Vaccination History

Have you ever had any of the following vaccinations / malaria tablets and if so when?

Tetanus		Polio		Diphtheria	
Typhoid		Hepatitis A		Hepatitis B	
Meningitis		Yellow Fever		Influenza	
Rabies		Jap B Encephalitis		Tick Borne	
Pneumonia		Other			

Malaria Tablets:

Travel Clinics

- Superdrug Clinic: 03333 111 007

- Woodhouse Medical Practice: 0113 2953510
- Boots Travel Health & Vaccination Clinics: Book on-line via www.boots.com

Please check on the website nathnac for further travel advice. The surgery cannot offer all vaccinations i.e., rabies; yellow fever; Japanese encephalitis; cholera; meningitis; Tick Borne encephalitis and Hepatitis B. Please note not all travel vaccinations are free on the NHS.

Please return to the practice, a completed form for each family member who will be travelling.

To find out what travel vaccinations, if any are required, please ring the practice 2 weeks after the completed travel forms have been handed in.

PLEASE KEEP PAGE 2 AND 3 AS A RECORD AND HAND IN PAGE 1 TO THE RECEPTION

OTHER RISKS WHEN TRAVELLING

The risks below may be present in all or part of the country you are visiting

Covid 19 restrictions

It is up to the person travelling to make sure they are fully aware of any restrictions or testing needed around covid-19 for every country they are visiting.

Dengue

Dengue is a viral infection transmitted by mosquitoes which predominantly feed between dawn and dusk. It causes a flu-like illness, which can occasionally develop into a more serious life-threatening form of the disease. Severe dengue is rare in travellers.

The mosquitoes that transmit dengue are most abundant in towns, cities and surrounding areas.

Prevention

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

There is no vaccination or medication to prevent dengue

Food and water

In areas where it is difficult to maintain good hygiene and sanitation, travellers are advised to take precautions with food and water. This depends upon effective purification of drinking water and ensuring that food is uncontaminated or cooked thoroughly.

Schistosomiasis

Schistosomiasis is a parasitic infection. Schistosoma larvae are released from infected freshwater snails and can penetrate intact human skin following contact with contaminated freshwater. Travellers may be exposed during activities such as wading, swimming, bathing or washing clothes in freshwater streams, rivers or lakes.

Schistosomiasis infection may cause no symptoms, but early symptoms can include a rash and itchy skin ('swimmer's itch'), fever, chills, cough, or muscle aches. If not treated, it can cause serious long term health problems such as intestinal or bladder disease.

Prevention

There is no vaccine or tablets to prevent schistosomiasis. All travellers should avoid wading, swimming, or bathing in freshwater where possible. Swimming in chlorinated water or sea water is not a risk for schistosomiasis.

Topical application of insect repellent before exposure to water, or towel drying after accidental exposure to schistosomiasis are not reliable in preventing infection.

All travellers who may have been exposed to schistosomiasis should have a medical assessment

Zika Virus

Zika virus 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.

Prevention

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

There is no vaccination or medication to prevent ZIKV infection.

Preventing sexual transmission

Most cases of ZIKV are acquired via mosquito bites but cases of sexual transmission of ZIKV are occasionally reported.

See further information for pregnant women, their partners and couples planning pregnancy.