**Mountsandel Medical Centre**

**Travel advice & services**

Due to the vast increase in NHS workload, we are no longer in a position to provide the dedicated travel service we have endeavoured to provide in recent years.

Listed below are useful websites you may access for up to date information regarding recommended vaccinations, mosquito avoidance, malarial advice and general travel advice for individual countries. Also listed are private travel centres which you can contact for further information and administration of vaccines.

Some vaccinations such as Tetanus, Diphtheria, Polio, Typhoid and Hepatitis A are available on NHS prescription. If you are advised at the travel centres that any of these vaccines are required we are happy to issue prescriptions and administer same free of charge. Other non NHS vaccinations including Hepatitis B, Rabies, Japanese Encephalitis, Meningitis, and Yellow Fever will have to be paid for and administered by the staff at a private travel clinic.

Generally anti-malarial tablets have to be issued on a private prescription and again this can be supplied by a private travel clinic.

Other medication you may wish to take on holiday with you which you do not normally take, to use in the event you are unwell while away, e.g. antibiotics, cannot be provided on an NHS prescription and require a private prescription which you will have to pay for.

You are also encouraged to arrange appropriate travel insurance for your planned trip. You should consider applying on - line for the EHIC card which will ensure you are entitled to state-provided healthcare during a temporary stay in an EEA country. EHIC covers treatment that is medically necessary until you return home and treatment may be free but on occasions fees may be charged depending on the individual country.

If there is any concern regarding safety of tap water, ensure you drink and use bottled water for brushing teeth or use boiled sterilised water. You should avoid using ice cubes or eating food such as fruit or salads which have not been washed with clean water

It may be advisable to buy anti diarrhoeal tablets and rehydration sachets if you have concerns regarding the risk of diarrhoeal illness and ensure you drink lots of clear fluids to prevent dehydration.

It is advisable to avoid drinking excess alcohol when abroad.

Avoid excessive sun exposure which is at its most intense between 11am and 3pm.

Insect repellent which contains high percentage (> 60%) of DEET can help protect from insect bites, as can the wearing of appropriate clothing to reduce exposure.

**WEBSITES**

fitfortravel.com

NaTHNaC

**PRIVATE TRAVEL CENTRES**

**Campbells Chemist Portrush**

028708 23295

**LISBURN Travel Clinic, Linenhall Street, Lisburn**

Tel 02892501281

**Belfast Travel Clinic, Kerrsland Surgery, Upper Newtonards Road (incs Yellow Fever)**

**Kingsbridge Private Hosptial, Ballykelly and Belfast (incs Yellow Fever)**

Tel 03301004123

**Redwood Surgery, Bangor Health Centre, Newtownards Road (incs Yellow Fever)**

02891638700