**Travel Health Advice**

Before heading overseas on your travel adventure we recommend travellers to make an appointment with their doctor to discuss how to remain healthy whilst away. Please allow 6-8 weeks before your travel as in some cases we may need you to have a blood test prior to travel and also to allow for the vaccinations to be most effective for your protection whilst travelling.

Our Nurses are trained vaccinators and can administer the common vaccinations including: Hepatitis A, Hepatitis B, Diphtheria, Tetanus, Pertussis, Typhoid, Polio, Influenza, MMR and Meningitis as required based on your travel. Our Doctors are able to prescribe malaria prevention and travel medications where necessary.

**Each member of the family requires a doctor appointment for travel consultation.**

**Please note some courses of Vaccines require more than one vaccine to provide the best coverage of immunisation**

Please note there is a consultation charge for the doctor’s appointment and vaccination costs are additional.

Please book a doctor’s appointment for 15 minutes and a nurse appointment for 15 minutes to allow for the travel vaccines to be administered and please be aware that patients need to wait in the practice 20 minutes post vaccinations in case of an allergic reaction.

Not all vaccines are kept in stock. We do try our best to keep hold of the commonly used vaccines for travel but in some cases we may need to order your vaccine in to the practice.

Some vaccines may be required to be paid for at time of order however all vaccines need to be paid in full before being administered.

**We do not provide Yellow Fever, Japanese Encephalitis, Rabies or TB (Tuberculosis) Vaccinations. If you require any of these vaccines we would recommend going and seeing a travel doctor. These are located in central Auckland.**

You may be interested in looking at the below websites for further travel health information:

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk/)

[wwwnc.cdc.gov/travel](http://www.fitfortravel.nhs.uk/)

Please see Travel Vaccine Sheet for prices.