

Burvill House Surgery

Dear patient.

Please take time to read and digest the attached information. It is important!
Please detach this letter and retain it for your reference.

Travel Health is an increasingly complex area and we only have a very limited appointment time to deal with a vast array of potential risks, as well as administering injections and providing malaria advice and other essential information relating to your journey. We also know that it is difficult for patients to remember all the information we give them.

It may not be possible for us to cover all the health issues relating to your destination, so, we are asking you to access www.fitfortravel.scot.nhs.uk and/or www.nathnac.org/travel web sites for the bulk of standard travel health information you will require. In particular, please read / print / save the documents relating to Accidents, Sun Exposure, Food and Water, Bite Avoidance, Travel Insurance, and if appropriate the documents concerning Visiting Family and friends / Staying with Relatives, Travel at altitude

There may be other information documents you need to read in addition to these subject to your travel plans e.g. travelling with children, travel at altitude, diabetics and foreign travel, Cruises, Back Packers, etc.. The list of information sheets is almost endless.

Comprehensive information about travel vaccinations you may receive is available on these sites and also www.medicins.org.uk/emc/given

Please take the time to fully research your particular travel health risks **BEFORE** you come for your appointment. This will save both you and us time and will allow us to focus on the injections and malaria risks and any other complex issues in the limited time.

If you do not have internet access or someone who can help you please let us know a.s.a.p. We will arrange for the information to be given to you at your appointment for you read later.

Please complete and return to attached form as comprehensively as possible and return it to the surgery as soon as possible. Ideally, this should be at least 8 weeks before your journey. However we do understand people book 'last minute' holidays. Please be aware that we often do not have last minute travel appointments.

Practice Nurses