

Visiting another country could put you at risk from diseases that may not normally be found in the UK.

Getting risk assessed and vaccinated against certain diseases before travelling will help protect your health abroad.

Many individuals travel abroad for holiday, to work, study or live. There are always risks associated with travelling. The most common destinations for UK travellers are considered low risk but specific advice, vaccinations or additional protection might be necessary if travelling to certain destinations.

Some vaccinations are given as a precaution, whilst other vaccinations may be required to enter a particular country.

Travellers should start planning as soon as possible, arranging advice and vaccinations **at least 8 – 12 weeks** before their departure date.

FAQS

HOW TO GET RISK ASSESSED AND VACCINATED

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<p>About NHS Borders Vaccination Service</p>	<p>Check your travel destinations on the Fit For Travel website</p>	<p>Fill in a health questionnaire</p>	<p>Ask your GP for a record of your vaccinations history</p>	<p>Book a consultation with a community pharmacy offering travel services</p>	<p>Attend your consultation and any follow up appointments</p>
<p>NHS Borders travel health and vaccinations service offers travellers essential risk assessment, guidance and vaccinations before starting their journeys.</p> <p>NHS Borders has partnered with community pharmacies to offer travel health services to patients of the Borders.</p> <p>Certain vaccinations are provided by the NHS at no cost to a patient:</p> <ul style="list-style-type: none"> • Hepatitis A • Typhoid • Cholera • Polio <p>Other vaccinations are chargeable to a patient which will be at the discretion of the pharmacy or health professional providing this service.</p> <p>Travellers may also choose to arrange vaccinations with a private provider.</p>	<p>You'll need to visit the NHS Fit For Travel website to understand any risks and recommendations associated with your destinations.</p> <p>Fit For Travel is a free, interactive, publicly accessible site providing up to date health information to the UK public on avoiding illness and staying healthy when travelling abroad.</p> <p>The website has specific advice by destination on:</p> <ul style="list-style-type: none"> • Health risks • Vaccinations required • Country specific alerts • General travel advice, including guidance about air travel, breast/bottle feeding abroad, staying safe in the sun, cruises and personal safety. <p>Fit For Travel site www.fitfortravel.nhs.uk/</p> <p>If you don't have access to the internet, the NHS Inform team can provide the same information over the phone.</p> <p>NHS Inform 0800 22 44 88</p>	<p>If, after reviewing the Fit For Travel site, you identify there may be risks associated with your destinations and you need expert advice, you will need to complete a health questionnaire.</p> <p>This form captures:</p> <ul style="list-style-type: none"> • Your personal details • Your medical history • Your planned destination(s), and activities • Your vaccination history <p>The questionnaire will be used by the pharmacist to help with your risk assessment and to provide advice and identify any need for vaccinations.</p> <p>To obtain a questionnaire</p> <p>Download a copy from www.nhsborders.scot.nhs.uk/vaccinations</p> <p>Call NHS Borders Vaccination Hub on 01896 809 250</p> <p>Collect a copy in person from one of the travel service community pharmacies.</p>	<p>It's always good practice to check your vaccinations are up to date as recommended for life in the UK.</p> <p>The pharmacist will want to review your vaccinations history, as part of your travel health consultation to confirm your primary courses and boosters are up to date.</p> <p>Contact your GP, let them know you are travelling abroad and require a copy of your vaccinations history to take to your travel health consultation.</p>	<p>Contact one of the travel service pharmacies by phone, or in person.</p> <p>Let the pharmacy know you have completed a health questionnaire and have your vaccinations history.</p> <p>The pharmacy will ask you to attend an initial consultation in person, virtually, or on the phone, which may be followed by additional appointments for vaccinations.</p> <p>Pharmacies currently providing travel services and vaccinations on behalf of NHS Borders</p> <p>Lindsay & Gilmour - Hawick 5 Oliver Place Hawick TD9 9BG 01450 372 757</p> <p>Further community pharmacies will join the service in due course.</p>	<p>Attend your appointment. You'll see a pharmacist who is fully qualified and trained to give travel health advice and vaccinations.</p> <p>The pharmacist will initially review your health questionnaire and carry out a travel risk assessment by talking through your intended itinerary and destinations.</p> <p>The pharmacist will provide advice and may recommend certain vaccinations or medications such as anti-malarials.</p> <p>The pharmacist will discuss next steps, including booking any follow up appointments to receive vaccinations that require multiple doses.</p> <p>Yellow Fever has a specialist vaccination. The pharmacist will advise if this is required and where you can receive this which may be outwith the Borders.</p>

I have accessibility needs...
For support with accessibility needs, for example BSL or LanguageLine, please contact the NHS Borders Vaccination Hub on 01896 809 250 or one of the travel service community pharmacies directly.

I have existing health conditions
If you have any underlying health conditions such as diabetes, chronic heart, kidney or liver disease or have recently undergone surgery or treatment such as chemotherapy, please contact your GP for advice. Your GP will be best placed to advise you on any risks or requirements associated with existing conditions.

Do I have to pay for travel vaccinations?
Certain vaccinations (Hepatitis A, typhoid, cholera and polio) are available at no cost to a patient but other vaccinations are chargeable to a patient which will be at the discretion of the pharmacy providing this service. The pharmacist will be able to advise you further.

How far in advance should I book an appointment?
It's important to start planning as soon as possible. Usually, it's best to start arranging advice and vaccinations 8 – 12 weeks in advance of your departure date.

I have been away travelling and have returned unwell...
Please contact your GP or NHS 24 on 111.