



NUMBER
ONEHEALTH

TRAVEL VACCINATION GUIDE



Number One for personal health

NUMBER ONE HEALTH

Number One Health is a premier London based private health company committed to bringing you the best health care service within central London.

We offer a large range of packages or bespoke one off treatments at locations that make it easy for you to make appointments before, during or after your working day.

Our conveniently based private health centre offers a high level of treatments and services for individuals, companies or executives who want the best and most convenient health treatments they can get.

OUR SERVICES:



Personal and Company Healthcare

- Health screens
- GP services
- Flu vaccination
- Blood tests



Sexual Healthcare

- Screening for diseases such as HIV, gonorrhoea, chlamydia etc.
- Erectile dysfunction services
- Morning after pill



Visa Medicals

Number One Health carries out Visa Medicals for several countries including the below:

- Australia
- New Zealand
- Canada
- Saudi Arabia
- China

For further information or to book an appointment please contact:

1 Harley Street London W1G 9QD United Kingdom

Tel: +44 (0)207 580 5467

Fax: +44 (0)20 7504 3758

Email: info@numberonehealth.co.uk


We are Open from 9am – 6pm Weekdays and 9am – 5pm on Saturdays.
Evening Clinic Tuesdays and Thursdays until 9pm.



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The Travel Checklist




 **SEEK ADVICE** on potential health risks for the country you're going to. The risks will vary depending on what parts of the country you're going to, the time of year you are traveling, and what kind of accommodation you'll be staying in.


Number One Health can arrange and advise on suitable immunisations.

If you become ill in a foreign country or continent it is advisable to contact the British Embassy to find out where a reliable hospital or doctor is in the area. Information on UK Embassies can be found on the Foreign and Commonwealth Office's website: www.fco.gov.uk


 **IMMUNISATIONS** – Ensure you have all the necessary immunisations you need for the country you are traveling to.


If you haven't had diphtheria, polio or tetanus vaccines before, this is an ideal time to get them, and even if you have had these vaccines, booster jabs may be necessary.


 **CONTRACEPTION** – Ensure you have your preferred method of contraception while traveling, and you have enough to last.

 **PRESCRIPTION MEDICINES** – If you take prescription medicines ask a healthcare professional whether they are available in the country you are traveling to, or see whether your doctor can prescribe enough for your whole trip.


You will need to find out whether there are any restrictions on taking your medicines out of the UK and into the country you are visiting. You can find this out by contacting the relevant embassy or high commission, or by checking the Home Office website: www.homeoffice.gov.uk


 **EXISTING MEDICAL CONDITIONS** – Make sure you take a written record of any medical conditions that you have and the full names of any medication you are taking, or Number One Health can create an electronic record for you.

 **FIRST-AID KITS** – It is advisable to take a basic first-aid kit with you when traveling. These are available from Number One Health and will commonly contain sterilised medical equipment such as syringes, needles and suture materials.

 **DEEP VEIN THROMBOSIS (DVT)** – DVT is the formation of a blood clot in one of the bodies deep veins, usually the leg. It is very rare, but sitting for long periods of time in a plane, train or car, can increase the risk. To help avoid DVT you can purchase Mediven Flight Socks.



 **HEALTH INSURANCE** – Having good health insurance is imperative when traveling abroad. Even if you are going to a country that has a healthcare agreement with the UK you may still need to pay for some treatments, and none of the healthcare agreements cover the costs associated with bringing a person back to the UK in the event of illness or death. Visit www.worldnomads.co.uk for good travel health insurance.

 **UNSAFE COUNTRIES** – Some countries, and certain areas within countries, are unsafe to travel to. For information and to check whether a country is safe to travel to, you can contact the Foreign and Commonwealth Office on 0845 850 2829 or visit its website www.fco.gov.uk, or you can contact personal security specialists red24 for a non-governmental opinion about travel safety. red24 offers a membership service giving personal security advice and assistance, whatever your nationality and wherever you are travelling, whenever you need it. For further information please contact red24 on 020 3291 2424 or go to www.red24.info to register for automatic updates concerning potential risks in countries you might be travelling in.



 **USFUL TIPS:**

It is not advisable to drink water, have ice in drinks, eat ice-cream or mayonnaise in 3rd World countries due to poor refrigeration facilities. You can, however, purchase an aqua pure which can turn even swamp water into something you can drink.



Be sure you know your blood group in case of emergencies abroad. Number One Health can register you with the Bloodcare Foundation for a small fee. For further information visit: www.bloodcare.org.uk

Vaccinations and Disease Prevention

The below is a list of the various diseases that are common, what country/areas they are most prevalent in, the consequences of the disease, and what vaccines should be taken. For further information please contact Number One Health on 020 7580 5467, or email: info@numberonehealth.co.uk

HEPATITIS A

Where – Worldwide

How – Dirt-borne virus swallowed

Consequences – Temporary liver damage. Can cause yellowing to the skin/ eyes; itching and tiredness, which can persist for weeks or months

Vaccine – Single booster doses or two starter doses, separated by 6–12 months

Suitable – For all ages

How – A single booster or second starter dose should protect for ten years.

DIPTHERIA

Where – Worldwide

How – Bacterium in air-borne water droplets or through direct skin contact

Consequences – Poison coating to throat, causes choking; in severe cases can be fatal

Vaccine – Sometimes given together with tetanus vaccine

Suitable – For all ages

How – A single dose in adults who have had the ‘childhood’ course. Should protect for ten years.

POLIO

Where – Worldwide

How – Virus, typically in dirty food or water

Consequences – Withering of limbs, breathing difficulties; in severe cases can be fatal

Vaccine – By mouth or injection

Suitable – For all ages

How – A single dose in adults who have had the ‘childhood’ course. Should protect for ten years.



TICK BORNE ENCEPHALITIS

Where – Europe, Russia, China

How – Bite from infected tick

Consequences – Brain damage, disability; in severe cases can be fatal

Vaccine – Vaccine from Chiron Behring or Baxter

Suitable – For adults and children over two years

How – Three doses: 1st now, 2nd in 1–2 weeks, 3rd after one month. Vaccine should protect for three years.



JAPANESE ENCEPHALITIS

Where – Primarily Asia

How – Bite from infected mosquito

Consequences – Brain damage, disability; in severe cases can be fatal

Vaccine – Vaccine from Aventis Pasteur or Korean Green Cross

Suitable – For age 18 months +

How – Three dose injections. Options are: 1st now, 2nd after 1–2 weeks (Korean Green Cross should protect for one year). Other option: 1st now, 2nd after 1–2 weeks, 3rd in one month (Aventis Pasteur should protect for three years).

YELLOW FEVER

Where – Most African countries including Nigeria, Ghana and Botswana

How – Bite from infected mosquito

Consequences – Internal bleeding, kidney failure, meningitis; in severe cases can be fatal

Vaccine – Vaccine from SANOFI

Suitable – For age 9 months +

How – By injection that has to be administered 10 days before traveling. Vaccine will provide 10 years immunity against the disease.



HEPATITIS B

Where – World-wide. Particularly widespread in the Far East and Africa

How – Pass through bodily fluids – blood, semen, blood transfusions, body piercing, tattooing, sexual intercourse

Consequences – Cirrhosis, cancer of the liver; in severe cases can be fatal

Vaccine – Vaccine from GSK

Suitable – For all

How – Course of three injections, taken on day one, day seven, and then between days 21–28. Vaccine lasts for ever, but it is advisable to have booster jabs every five years.



MALARIA PROPHYLAXIS

Where – Africa, South America and Asia

How – Bite from infected mosquito

Consequences – in severe cases can be fatal

Vaccine – Tablets from GSK

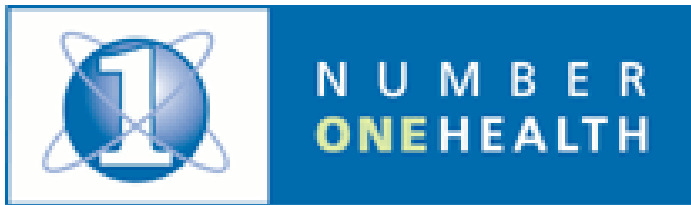
Suitable – For all

How – Should be started one week before entering the malarious zone, taken throughout the duration of the stay and continuing for at least four weeks after return without fail.

VACCINE PROBLEMS

Any vaccines can cause minor symptoms such as redness and/or temporary pain at the point of injection, and lead to feelings of faintness or nausea.

Severe reactions are highly unusual (of the order of one in a million), we will monitor your condition after treatment to ensure your comfort and safety. In the event of a shock reaction you should be administered adrenaline and the emergency services will be called. We have oxygen and a defibrillator on site.



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