

Pulborough Medical Group

Tel: 01798 872815

**TRAVEL HEALTH**

Here is some very important advice for you

- Research has shown that some overseas travel puts you at greater risk of acquiring travel related infection such as enteric fever (including typhoid) and malaria
- **It is really important that you visit the surgery before you travel to seek advice and protection for your trip**
- We are really busy at the surgery and so it is essential that you try to book your appointment with the travel nurse well in advance of your departure date – **8 weeks before you travel is ideal**. We ask you to try to remember this, as it is so important to get protected.
- **Please complete the attached assessment form and return to the surgery as soon as possible.** Details on how to return it are at the bottom of the page. On receipt of the assessment form our Nurses will review the information and contact you to discuss further. **Please make sure you complete the form fully as failure to do so will result in potential delays to your vaccination schedule.**
- Occasionally, you will have some urgent reason that means you cannot plan in advance and in these circumstances, it may be more convenient for you to attend a local Travel Clinic. It is never too late to get some protection and we can advise you of other Travel Clinics in the area.
- If you use the internet, a good places to look for information is <http://www.nhs.uk/Livewell/TravelHealth/Pages/Travelhealthhome.aspx>

**To return the form**, please bring to the surgery and hand to reception or post to:

Travel Clinic Administration  
Pulborough Medical Group  
Spiro Close  
Pulborough  
West Sussex RH20 1FG

**We look forward to seeing you in the future for your travel appointment.**