



**Not all the natives  
are friendly.  
So get inoculated.**

## Top tips for travel vaccinations

Some destinations have a higher risk of serious disease. Find out the risks at your destination, then follow the advice below.

### Eight weeks before you go

See your GP at least eight weeks before departure. Some vaccines need time to provide full immunity, others may require more than 1 dose over a few weeks.

### Costs

Most vaccines are free from the NHS. There are some that you'll need to pay for. This could cost as much as £50 per dose at a private clinic, so it's best to budget accordingly.

### Existing cover

Check whether your existing UK jabs are up to date. Your GP can tell from your notes. Your GP or your practice nurse should also give you advice about travel vaccinations and travel health, such as ways to protect yourself from malaria. They can give you a booster jab if you need one. These can be given either free on the NHS or for a charge.

### Paperwork

A few countries insist you have an International Certificate of Vaccination or Prophylaxis (ICVP) before they'll let you in. A lot of tropical countries won't accept travelers from an area where there's yellow fever unless they can produce paperwork proving they've been vaccinated against it.

### Useful links

NHS Fit for Travel:  
[www.fitfortravel.nhs.uk/destinations.aspx](http://www.fitfortravel.nhs.uk/destinations.aspx)  
Travel Health Pro  
[travelhealthpro.org.uk/countries](http://travelhealthpro.org.uk/countries)  
Holiday Extras  
[www.holidayextras.com](http://www.holidayextras.com)