



Travelling overseas to visit friends and relatives?

Many travel vaccinations are free on the NHS: speak with your GP or practice nurse

Travellers should prepare to reduce potential health risks, especially if travelling to visit friends and relatives (VFR).

Do not assume that you have immunity to diseases such as malaria just because you have previously travelled to or lived in the country you plan to visit.

Key advice:

- check NaTHNaC's [Country Information Pages](http://www.nathnac.org/) for advice on health risks at your destination - www.nathnac.org/
- seek travel health advice from your GP, nurse, pharmacist or travel clinic at least 4-6 weeks before travel, but even if time is short it's never too late to get advice
- some vaccines can be given at short notice and antimalarial tablets, if needed, can be started just before travel, or in some instances on the day you travel
- if you are travelling to an area where mosquito-borne diseases such as **malaria** or dengue fever exist, make sure you take insect bite avoidance measures including using an insect repellent, covering exposed areas of skin and sleeping under a bed net.
- illnesses spread by contaminated food and drinks like travellers' diarrhoea and **typhoid** are more common in some countries. Wash your hands especially before **eating or drinking** and after using the toilet
- if you are ill with symptoms such as fever, flu-like illness, or persistent diarrhoea, after you get back, seek immediate medical advice and tell your doctor where you have travelled
- get comprehensive travel health insurance



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