

Essential Vaccines for Your Travel

Why Get Travel Vaccines?

If you're heading abroad, vaccines help protect you from infections not common in the UK.

They can prevent serious illness while you're away—and reduce the risk of bringing diseases home.



Common Travel Vaccines & Destinations

- **Hepatitis A & Typhoid** – advised for travel across parts of Africa, Asia, South and Central America
- **Cholera** – useful in places with poor sanitation
- Some countries (e.g. many in Africa/South America) may legally require proof of **yellow fever vaccination**

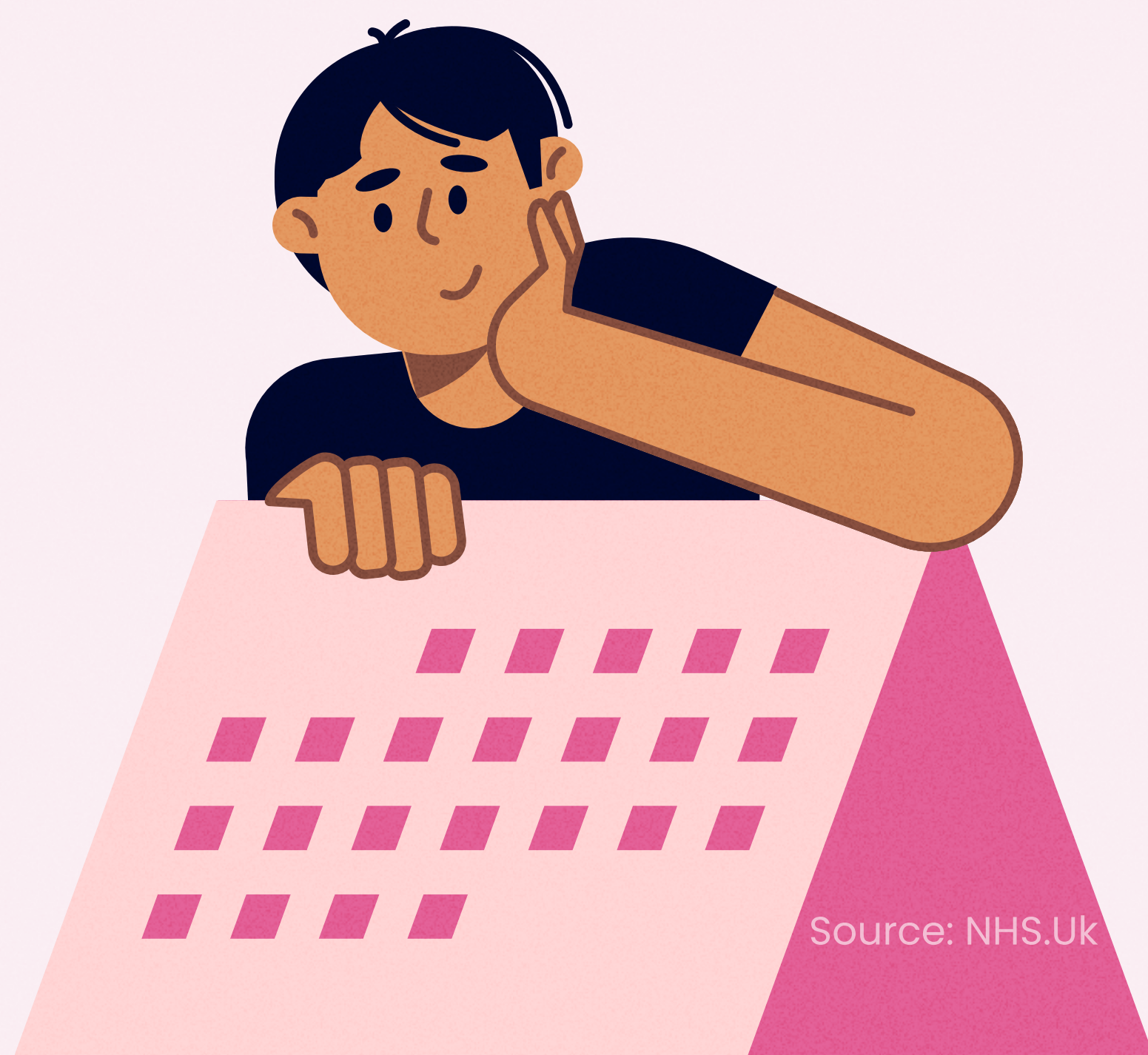


How To Plan & Where To Go

Plan ahead!

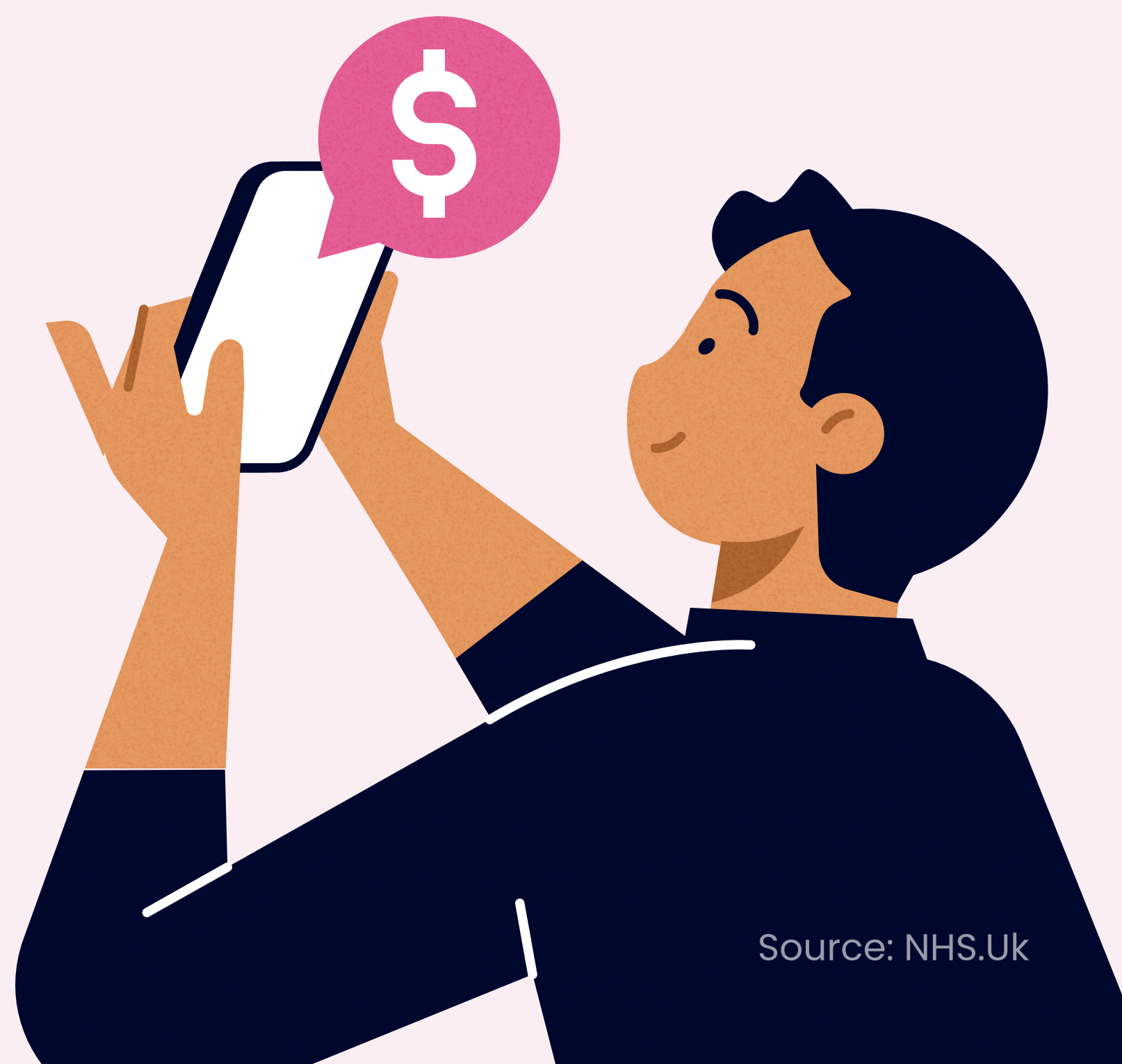
Start at least 6–8 weeks before travel and some vaccines need several doses to become effective.

Do a travel health assessment by your GP, pharmacist or travel clinic—your risk depends on your destination, duration, activities, and health history.



Free Vs. Private Vaccines On The NHS

- **Free on NHS** – Cholera, Hepatitis A, Typhoid, Polio combo
- **Not Free** (requires paying privately or via a travel clinic) – Hepatitis B, Rabies, Yellow Fever, Japanese Encephalitis, Meningitis ACWY, Tick-borne Enceph.



Takeaway Tips

- Check your travel jabs at least 6–8 weeks before you go.
- Use GP, pharmacist, or travel clinic for advice.
- Keep proof of yellow fever and polio jabs if needed.
- Stay safe abroad and protect the UK from imported infections!