

## Sample Trip Checklist.

This may help you with items you may need to take with you. (nb—pack in your checked-in luggage)

| Bring | Items                                     | Packed |
|-------|---|--------|
|       | Adhesive Bandages / Gauze / Tape          |        |
|       | Alcohol Swabs for Disinfection            |        |
|       | Antibacterial Soap / Hand Wipes           |        |
|       | Antifungal Ointment / Powder              |        |
|       | Antihistamine for Allergic Reactions      |        |
|       | Antimotility Medications (Lomotil )       |        |
|       | Bandage Rolls - sprains, strains, etc     |        |
|       | Candles / Matches                         |        |
|       | Cough Syrup or Lozenges                   |        |
|       | Disinfectant for Cuts / Scrapes           |        |
|       | Drinking Straws - individually wrapped    |        |
|       | Electrical Plug Adapter                   |        |
|       | Facial Tissues - small packets            |        |
|       | Flashlight & Batteries                    |        |
|       | Topical Ointment - itching, bites, etc    |        |
|       | Insect Repellent ( containing D.E.E.T. )  |        |
|       | Laxative                                  |        |
|       | Mosquito Netting                          |        |
|       | Oral Hydration Solution                   |        |
|       | Pain Relievers - Aspirin, Ibuprofen       |        |
|       | Prescription Medicines (labelled)         |        |
|       | Scissors / Tweezers                       |        |
|       | Spare Glasses, Sunglasses, Contact lenses |        |
|       | Sunscreen ( at least SPF 15 )             |        |
|       | Tampons / Sanitary Napkins                |        |
|       | Thermometer                               |        |
|       | Vitamins                                  |        |

## Booking Your Appointment ....

A Travel Health consultation with your doctor WILL take longer than a normal consultation. Most times you will see the practice nurse following the consultation with the doctor. We advise to wait another 15 minutes following any vaccine in case of reaction.

To ensure that we can provide maximum benefit to you, please inform our reception staff at the time of booking your appointment that you wish to book a

### “Travel Health Consultation”

### Useful Free Apps: -



The **fit2travel** app offers you tips and advice on how to stay healthy before, during and after your travel to over 300 travel destinations worldwide.



### Vaccine Record for Travellers.

Users can record details of their vaccines and have those details to hand when needed, either by referring to the app, or emailing a summary.

### Thank you .....

for choosing Aldinga Day and Night Surgery for your health care needs. We trust that you will find the services here of the highest quality.

It is practice policy that accounts are  
**FULLY paid on the day of consultation.**

(Visa, Mastercard, AMEX accepted)

**Have a great trip !**

# Travel Health

## *A Patient's Guide.*

**BEFORE YOU**

**SEE THE WORLD**

**SEE YOUR DOCTOR !**

QUALITY AND INNOVATION IN HEALTHCARE  
ALDINGA DAY AND NIGHT SURGERY

26 Old Coach Road, Aldinga |SA 5173 Ph;

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## WHY SHOULD I CONSULT MY GP ?

Travellers overseas have up to a 50% chance of suffering travel related illness. Each year, over 500,000 Australians put themselves at risk of illness with potentially serious infection.

### • **Prior to Leaving.**

Prior to travel it is a good idea to have a medical check-up for personalised advice on how to reduce your risk of illness. This will include advice on how to prevent infectious disease.

Immunisations may be necessary for protection against diseases you may encounter, for routine health measures or as legal requirements for entry into some countries.

As some vaccinations require a course over weeks to months, you should speak to your GP *as early as possible prior to your departure*. Generally 6 - 8 weeks prior is adequate.

To ensure you receive the best advice, your GP will need to know -

- \* the countries you will be visiting
- \* length of stay in each country
- \* time of year in each country
- \* type of accommodation ( hotel, tent, etc )
- \* type of travel ( bus, backpacking, etc )

The practice has on-line links, with up to date travel health information, to ensure you receive the most accurate information possible.

### • **After You Return.**

Some illnesses can emerge weeks or even months after you have returned home from your trip eg - Hepatitis B symptoms typically appear 3 - 4 months after infection. You should keep this in mind, especially in the case of intestinal diseases.

If the illness is severe or does not improve after 3 - 4 days, you should contact your GP.

## TRAVEL SERVICES WE PROVIDE.

### \* Advice -

- Letter from GP relating to your medications
- Traveller's Medical Kit/s

### \* Advice on -

- Gastrointestinal Infections — "Bali Belly" & Traveller's Diarrhoea
- Sexually Transmitted Diseases
- Hepatitis
- Malaria
- Animal Bites
- Jet Lag
- Diabetes Advice
- Altitude Sickness
- Pregnant Travellers
- DVT ( Deep Vein Thrombosis )
- Travelling with Children \*

### Immunisations -

- Complete range available and personalised
- Certificate of Vaccination provided.

## HOW LONG DO VACCINATIONS LAST?

*The information below is indicative only.*

*For your specific circumstances, consult with your GP.*

- |                                       |                      |
|---------------------------------------|----------------------|
| • Cholera ( x 2 doses )               | 2 years              |
| • Diphtheria                          | 10 years             |
| • Flu Vaccine                         | 1 year               |
| • Hepatitis A ( x 2 doses )           | 10 years +           |
| • Hepatitis B ( x 3 doses )           | 10 years +           |
| • Japanese Encephalitis ( x 3 doses ) | 3 years              |
| • Measles / Mumps / Rubella           | 15 years             |
| • Meningitis                          | 3 years              |
| • Pneumonia                           | 5 years +            |
| • Polio                               | 10 years             |
| • Rabies ( x 3 doses)                 | 3 years              |
| • Tetanus                             | 10 years             |
| • Typhoid                             | 3 years              |
| • Yellow Fever                        | 10 years             |
| • Malaria                             | Whilst on medication |

## USEFUL INFORMATION RESOURCES.

|  |  |
|--|--|
| <a href="http://www.cdc.gov">www.cdc.gov</a>   | <a href="http://www.tripprep.com">www.tripprep.com</a>             |
| <a href="http://www.who.org">www.who.org</a>   | <a href="http://www.smarttraveller.com">www.smarttraveller.com</a> |
| <a href="http://www.myvaccination.com.au/travel.aspx">www.myvaccination.com.au/travel.aspx</a> |  |