

Travelling abroad a step by step approach

Step 1

When you have decided which country (countries) you will be visiting access the website www.fitfortravel.scot.nhs.uk

This easy to use site has country specific information for every country in the world. The information includes advice on immunisations, any certificate requirements, malarial prevention and ways of avoiding contracting specific diseases & infections

Step 2

Complete a travel advice form [Travel Advice Form 110610](#) and bring it to the Medical Practice reception desk.

Step 3

After 3 working days collect your personalised travel information pack from the Medical Practice reception.

This pack will give you information on which immunisations are recommended and/or which ones you need to consider having before you go on your trip. The information will have been checked against the health care records we hold for you at the Medical Practice.

Step 4

Read this information in your pack CAREFULLY & visit the websites suggested.

This will enable you to decide which vaccines &/or medications, if any, you will need before you travel.

Step 5

Book an appointment with the nurse to start your vaccinations

IF YOU ARE TRAVELLING AT SHORT NOTICE THERE MAY NOT BE TIME TO COMPLETE SOME VACCINE SCHEDULES