



HOW SOON DO YOU NEED TO MAKE AN APPOINTMENT ?



A busy GP surgery will not necessarily have last minute appointments for travel advice, so it is **ESSENTIAL** you book to see us **many weeks in advance of your departure date** to give us sufficient time. It is also very helpful for you to have done some research on the health risks at your destination and could can look on websites such as those below to learn more about such information.

fitfortravel
Travel health information for people travelling abroad from the UK

Home Destinations Advice News Resources A-Z Index

Welcome
fitfortravel is a public access website provided by the NHS (Scotland). It gives travel health information for people travelling abroad from the UK. Remember that you should always discuss your particular needs with your own doctor or nurse.
The website is compiled by a team of experts from the Travel Health division of Health Protection Scotland (HPS).

Destinations
Vaccinations, disease and malaria advice for your chosen destination.
Select a Destination: [input] [GO]

Go to Interactive Map →
Map: Africa, Asia (Central), Asia (East), Australasia & Pacific, Caribbean, Central America, Europe & Russia, Middle East, North America, South America

Advice

- Advice for Travellers on a Range of Topics
- Disease Prevention
- Malaria

 Current popular advice pages:

- Child travellers
- Sun Exposure
- Business Travellers

News
 05 Apr 2007
 FITfortravel is given a new look
 21 Mar 2007
 Meningococcal disease in Burkina Faso (Africa)
 Dengue Fever in Paraguay
 Cholera in Angola (textile)

Disclaimer | Privacy | Copyright | Freedom of Information
 Health Protection Scotland - a division of NHS National Services Scotland

www.fitfortravel.nhs.uk

NaTHNaC
National Travel Health Network and Centre

Home Travellers About Us More Health Warnings Travel Risk Vaccination Guidance Links Contact Us

Travellers

Travellers Information
 Insect Bite Avoidance
 Sun Protection
 Food and Water Hygiene
 Travellers Diarrhoea

Health Information
 General information on infectious and non-infectious health risks.
 Health Promotion Scotland
 Journey or country specific health advice

Travel Health Events
 4 April 2007
 Avian influenza (H5N1) - human cases in Egypt and China
 30 March 2007
 Meningitis activity and revised vaccine recommendations
 22 March 2007
 Avian influenza (H5N1) - human cases in Egypt and Lao People's Democratic Republic
 19 March 2007
 Avian influenza in birds - Afghanistan, China (Tibet), Kuwait, Laos, Myanmar, Viet Nam
 Click here for more Travel Health Events

Notice
 1 July 2006
 Avian influenza - advice for travellers to affected areas

www.nathnac.org