

**OTHER PLACES TO OBTAIN
INDEPENDENT ADVICE
ON SAFE TRAVEL:**

- ⇒ World Health Organisation - International Travel & Health: www.who.int/ith
- ⇒ Foreign & Commonwealth Office: www.fco.gov.uk
- ⇒ Health advice for travellers - available from the Department of Health: www.dh.gov.uk/PolicyAndGuidance/HealthAdviceforTravellers/fs/en
- ⇒ Journey-specific health advice provided by Health Protection Scotland: www.fitfortravel.scot.nhs.uk
- ⇒ For travel health advice, disease prevention, DVT prevention, sun care, insurance issues and how to avoid mosquito bites: www.travelhealth.co.uk
- ⇒ Travel Healthy - Top Tips and Vaccine Preventable Diseases for Travellers, available at: www.spmsd.co.uk



Bon Voyage!

**Travel Clinics will normally be held
on the following times:**

- ◇ Monday afternoon
- ◇ Tuesday morning
- ◇ Friday afternoon



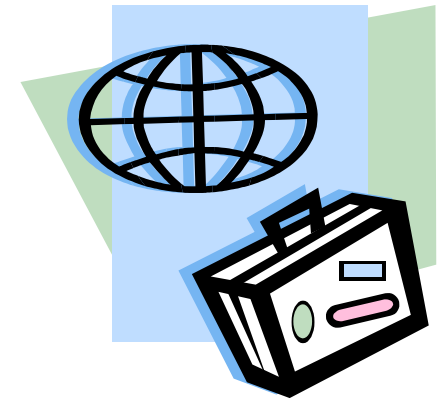
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TRAVEL CLINIC

LAUREL BANK SURGERY
MALPAS

**POST
VACCINATION
INFORMATION**



POST VACCINE INFORMATION

What are the possible side effects?

You may experience some slight local reactions as a result of the vaccine.

You may have a slight temperature while your immune system is taking up the vaccine.

This is to be expected and will only last a short time. Keep cool and take Paracetamol as directed on the box.

Very occasionally, people will experience fever, shivering, tiredness, headache, sweating, muscle and joint pain, skin reactions such as swelling and pain and a hardening of the skin at the injection site.

These reactions will normally disappear without treatment in a day or two.

If you have more severe symptoms please see your Doctor.

Other Illnesses

You cannot catch an illness from a vaccine. However, as it takes 2 weeks to build up an immunity in your system, you could still develop the illness if you are exposed to it immediately before or after having the vaccine.

Anaphylactic Shock

There is an acute allergic reaction which may very occasionally occur. It is called an anaphylactic shock. This is shown by swelling of the lips, tongue and throat. It usually happens within 10 minutes of having the vaccine.

You must seek urgent medical advice if this happens - call 999.

Japanese Encephalitis vaccine

For those people who have had the Japanese Encephalitis vaccine there is a possibility of delayed anaphylactic shock for up to **10 days** after receiving the vaccination

Very rare side effects

Very rarely neuralgia (nerve pain), paraesthesia (numbness and tingling), convulsions (fits), temporary thrombocytopenia (a blood disorder), vasculitis (inflammation of blood vessels) temporarily affecting the kidneys, neurological disorders (affecting the nerves and brain) such as encephalomyelitis, neuritis and Guillain Barré syndrome have been reported.

If you think you have a side effect not mentioned here, please tell your Doctor or Nurse.

