

TEITHIO

INJECTIONS, MEDICINE AND ADVICE.

Travel vaccinations help to make sure that you don't become ill with serious or even fatal diseases, whilst abroad.

Countries such as Saudi Arabia even refuse entry without proof of vaccination, so ensuring you have been treated with the appropriate travel injections and carry the relevant International Certificate of Vaccination can be essential to your holiday plans.

If you're not sure whether you need to be vaccinated, it is always advisable to check before leaving the country.



➔ [Guidelines on travelling](#)

➔ [Prices](#)

There are several things to think about when thinking about your travel vaccinations, including:

- **The country or countries you're visiting** - some diseases are more common in certain parts of the world.
- **The time you are travelling** - some diseases are more common at certain times of the year; for example, during the rainy season.
- **Places you stay whilst away** - in general, you'll be more at risk of disease in rural areas than in urban areas, and if you're backpacking and staying in hostels or camping, you may be more at risk than if you were on a package holiday and staying in a hotel.
- **Length of time you travel** - the longer your stay, the greater your risk of being exposed to diseases.
- **Your age and health** - some people may be more vulnerable to infection than others, while some vaccinations can't be given to people with certain medical conditions.
- **What you'll be doing during your stay** - for example, whether you'll be spending a lot of time outdoors, such as trekking or working in rural areas.
- **If you're working as an aid worker** - you may encounter more diseases if you're working in a refugee camp.
- **If you're working in a medical setting** - for example, a doctor or nurse may require additional vaccinations.
- **If you are in contact with animals** - in this case, you may be more at risk of getting diseases spread by animals, such as rabies.

If possible, see your travel pharmacist at least six weeks before you're due to travel. Some vaccinations need to be given well in advance to allow your body to develop immunity. Some also involve multiple doses spread over several weeks.

For further advice on any of your travel needs or to book in for your travel vaccinations please [complete the pre assessment form](#) and one of our pharmacists will be in touch in the next five working days.