



## Travel Clinics Australia Charter

Our goal is to protect the health of travellers, by providing exemplary clinical care along with specific advice and information for each traveller.

All TCA members are experienced travel health doctors.

More locations for greater convenience.

Better service at competitive prices.

Services include:

- Personalised service by qualified doctors
- Expert up-to-date advice with consultation
- Online database of travel health information
- All vaccinations on site
- Corporate health services
- Malaria tablets and travel medications
- International certificates of vaccination
- WHO accredited for yellow fever and all travel and all travel vaccinations
- Traveller's first aid kits and accessories
- Mosquito bite prevention items insect nets, permethrin kit
- The Traveller's Pocket Medical Guide

# Routine Vaccines Essential For Travel



As well as considering vaccinations for travel to specific destinations, it is important that no matter what age you are that you to ensure that you are up to date with your routine vaccinations.

- Some of these diseases are highly contagious so as well as being sick yourself, you won't be popular with health authorities back home.
- Your Travel Clinic Dr will assess your immunisation status for all of the childhood diseases, such as Measles, Mumps, Rubella, Chicken pox, Diphtheria, Whooping cough, and polio – ideally 6 weeks before departure.

**Some of these vaccinations include:**

**Diphtheria, tetanus and pertussis (whooping cough)**

Routinely been given to most students by the time they leave school.

## Poliomyelitis

Most people are vaccinated against polio in early childhood, however a booster dose should be given to travellers to areas where poliomyelitis is epidemic or endemic.

## Measles, mumps, rubella and Varicella (chicken pox)

Regular measles and chicken pox outbreaks that have occurred as a result of non-immunised individuals importing this disease into Australia and several European countries.. Measles, mumps, rubella vaccination is recommended before international travel for adults born during or after 1966 who do not have evidence of having had two doses of a measles-containing vaccine in the past.

## Influenza

One of the most common diseases in travellers and is potentially fatal either from the infection itself or secondary pneumonia.

**I went to Disneyland  
and all I got was  
these lousy measles**





## Never too late for travel health advice



We often don't consider travel health until last when planning a trip overseas.

Even if it's only days before you go, it's still worth seeing your travel clinic to take simple measures that will help you stay healthy.

Ideally you should see a travel clinic at least 6 weeks before travel.

Some routine vaccines, such as Hepatitis A, Typhoid, Tetanus and Polio, at the last minute will give you at least partial protection during your upcoming trip.

Hepatitis B or the combined Hepatitis A-B vaccine, which require multiple doses, can be

given over shorter time frames than normally recommended.

There are exceptions to last minute vaccinations, such as Yellow Fever vaccine, which is required for travelling to endemic regions of Africa and South America.

Another good reason to at least start the immunisation process

and complete it after your return is that most vaccines protect for extended periods, so you'll be covered for future trips.

If malaria medication is recommended for your trip there are different time frames for beginning the tablets, ranging from weeks to just the day you first enter a malaria-infected area.

All of our clinics stock a range of malaria tablets which can be dispensed on site at the time of consultation.

Other products such as first aid kits, earplugs, (for earache associated with flying), travel stockings for prevention of DVT's, water purification tablets and devices are all available at your Travel Clinic so you can leave the country with peace of mind that you have taken all steps to ensure a happy and healthy trip, even at the last minute.

