



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.

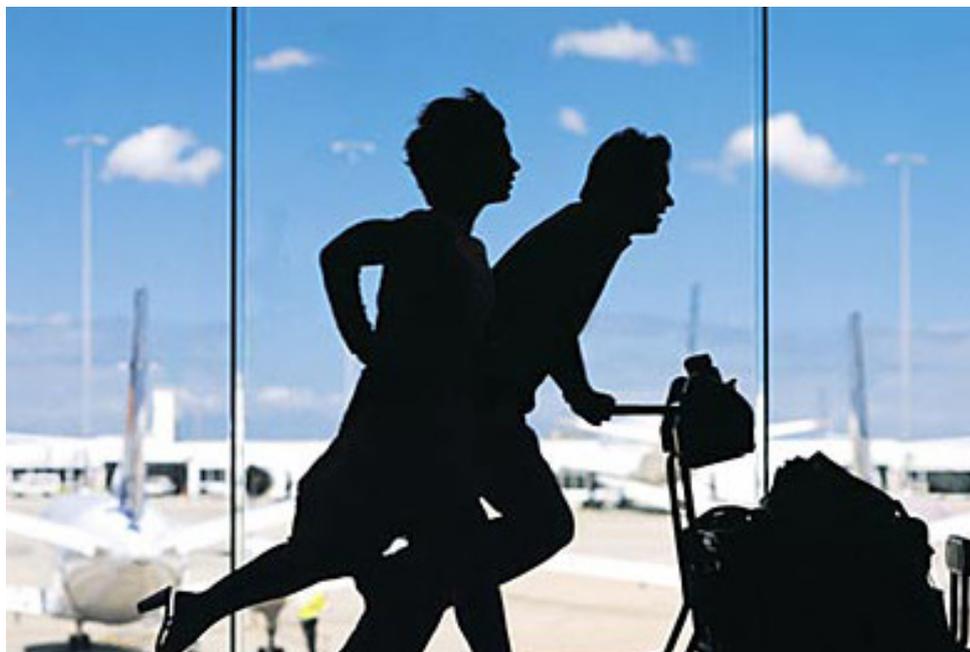
Services include:

- 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

Travel Clinics Australia
1300 369 359
Travel Health information
1900 969 359*

*Call cost \$5.50 (incl gst)
Higher from mobile or public phones.

Never too late for travel health advice



We often don't consider travel health until last when planning a trip overseas. Organising the family, sorting out flights, accommodation and someone to collect the mail and feed the dog is sometimes all we have time for, and then there's all those last minute work issues. However, you don't want to ruin all that planning by getting sick with an easily preventable condition. So 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 to obtain maximum protection from vaccines but some of the more commonly recommended single-dose travel or 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, which may allow you to squeeze them in before you go. 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. Your experienced travel clinic doctor will be able to accurately advise you if you really need a vaccine, or in some cases if you need to change your travel plans to meet legal requirements.

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.





World Cup Brazil



It's all very exciting and things are hotting up for the world cup in Brazil 2014, but don't forget Yellow Fever vaccination and certification is compulsory for travel to Brazil and you can't leave it until the last minute, the vaccine must be given at least 10 days prior to travel for

the certificate to be valid and remains valid for 10 years.

Yellow fever is a serious viral haemorrhagic fever spread by mosquitoes. Only accredited Medical clinics can give Yellow Fever and Travel clinics Australia are all accredited and stock the vaccine on site. There are some

contraindications to receiving the vaccine, your Travel Dr will be able to advise you of these and issue a certificate of waiver if needed.

So there's no excuse to ruin your world cup plans by missing this important vaccination.

Of course there are other travel health issues that will be discussed at your consultation.



FIFA WORLD CUP
Brasil

Continued from front page

Some diseases such as Hepatitis A and Typhoid are transmitted by contaminated food and water and are common in many developing countries. So besides vaccinations, travellers who may not be fully immunised can help to avoid these diseases by placing more emphasis on personal hygiene. This includes careful hand cleaning after using the toilet and before eating – and making appropriate food choices, the simple rule being 'boil, cook, bottle or peel'. Contaminated food and beverages can also cause traveller's diarrhoea – another reason to take precautions and discuss which Gastro medication

kits to take for emergency self treatment whilst on holiday and help deal with more common symptoms of diarrhoea and vomiting. These strategies are all outlined in detail in our Traveller's Pocket Medical Guide which also contains a record of all your vaccinations and is given to every traveller free of charge as part of the consultation.

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, the medication needs to be right for you personally and for the type of malaria found at your

destination. So if lead up time to your trip is short, your travel clinic doctor will be able provide an appropriate medication. 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 ravel 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.