



## 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.



• Travel Clinics Australia member **Dr Rob North** on the final leg of his successful climb to the top of Mt. Everest earlier this year.

## Welcome to our Spring edition

### 'Dedicated to protecting the health of travellers'



#### Why use a travel clinic?

It's a scary fact that up to 50% of overseas travellers suffer illness – sometimes serious diseases requiring extended hospitalisation. However, most of these illnesses can be prevented with the right advice from a travel medicine expert!

Our highly skilled Travel doctors keep up with the continual changes in travel medicine, so that you can avoid incorrect advice and unnecessary vaccinations. They take the time to learn about each patient so that you can be given specific advice for your situation, taking into account important factors such as duration of stay, type of travel and accommodation, season, current health and medical history

#### Some important points to consider when choosing your travel doctor

Travel Clinics Australia are;

- World Health Org. approved yellow fever vaccination centres
- Local experts in all aspects of travel health
- Have an On-line database with continually updated information
- Not just for vaccinations but a complete travel health service (jet lag, ear problems in flight, altitude sickness, motion sickness)

- Malaria and other advice for areas at risk
- Save patients cost of vaccines – partly claimable on Extras Health Insurance cover
- One stop medical experience with everything on site



Overseas travellers, especially to Asia, Africa and South America, should seek medical advice at least 6 weeks prior to departure.

Our clients receive up to date advice, a free personalised destination report, pocket guide and international vaccination certificate. Vaccinations, medications and travel health kits are all available on site at competitive rates.



## Yellow fever



Yellow fever is a viral disease that is transmitted by mosquitoes in parts of Africa and South America. One in seven patients develop severe, frequently fatal disease characterised by multi-organ involvement.

Travellers are at risk of yellow fever in endemic areas, especially in forested and rural regions and during urban outbreaks. In addition to anti-mosquito measures, it is important to prevent yellow fever by vaccinating where there is true risk. Vaccination is also a mandatory requirement for entry into some countries even for in-transit travel.



Vaccination must take place at an approved vaccination centre and a record entered and validated in an International Certificate of Vaccination or Prophylaxis (ICVP)

Yellow fever must be given at least 10 days before entering a country that requires you to have it.

## Don't forget your Routine Vaccinations

As well as considering vaccinations for travel to specific destinations, it is important to ensure that you are up to date with your routine vaccinations for your appropriate age as according to the National Immunisation Program Schedule.

Many of these vaccines are inexpensive. The total cost of any vaccine is less than the cost of a hospital stay.



Some of these vaccinations include:

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

routinely been given to most students by the time they leave school. One of the most common injuries while travelling is a simple cut or scrape from a fall, which may require a tetanus injection. Hence, travellers to countries where health services are difficult to access and hygiene may be of concern should consider vaccination if more than five years have elapsed since their last dose.

### 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. This applies particularly to the Indian subcontinent, parts of Africa and the Middle East Indian subcontinent, parts of Africa and the Middle East.

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

The 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 indicate that these childhood infections remains a significant threat to non-immune children and adult travellers. Measles in non-immune adults is more severe than it is in children and readily preventable.

Measles, mumps, rubella vaccination (Priorix) 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. A combined measles, mumps, rubella, varicella vaccine is expected to become available in the near future.



### Influenza

This is one of the most common diseases in travellers and is potentially fatal either from the infection itself or secondary pneumonia. Vaccination is therefore recommended for all travellers. This especially applies to those with chronic medical conditions including heart disease, asthma, diabetes and other cardiorespiratory diseases as well as those with lowered immunity.

### Pneumococcal disease

Pneumonia remains one of the more common reasons for travel health insurance claims. Pneumococcal vaccination is also advised for all travellers with chronic medical conditions, especially cardiorespiratory disease or diabetes.