



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.



Work place vaccination for flu is a smart investment.

Holding an onsite vaccination clinic means staff do not need to take time off work to visit their doctor, protects employees' health and stops flu from spreading to other staff and clients. Healthy employees vaccinated against the flu take nearly half the number of sick days and have nearly half the number of doctor visits compared to unvaccinated workers.

Influenza is a contagious viral disease that spreads easily – especially in the workplace and often results in sudden absenteeism; symptoms can persist for more than 2 weeks.

2013 flu vaccine contains two new strains of flu virus

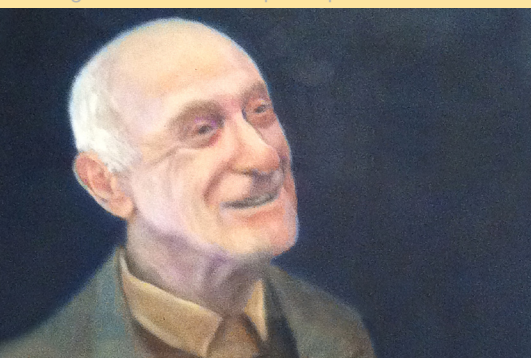
Influenza vaccines cannot give a person the flu. None of the influenza vaccines used in Australia contain live virus

Vaccines are designed to provide protection against disease without

the risks or complications of the disease itself

Travel Clinics Australia clinics offer on site flu vaccination programs for small and large companies nationwide at competitive prices, our staff are highly skilled and experienced making your vaccination program run smoothly with little interruption to your working day.

Please email travel@travelclinic.com.au for enquires and bookings.





Our popular holiday destinations this month and Health issues to consider.

Cambodia, Laos, Vietnam

Vaccine preventable diseases

Hepatitis A is a viral infection of the liver spread from person to person or by contaminated food and water. It has a 2 – 6 week incubation period and the death rate is 3 % with one in fifty travellers affected with jaundice, abdominal pain, fever and malaise for up to three months.

Typhoid is a bacterial infection of the gut and blood it is spread by contaminated food or water related to poor hygiene. Symptoms include abdominal cramps, nausea, diarrhoea rash and fever with a death rate of up to 20% if not treated.

Japanese encephalitis is a viral infection spread by mosquito. Symptoms are usually absent but there may be fitting or reduced conscious state. Death rate is 25% with up to 30% long term neurological or psychiatric damage.

Rabies is a viral infection contracted by animals usually dogs, bats or any mammal.

There can be irritation and pain at the site of the wound which progresses to muscle spasms and death. There are few known survivors of rabies reported once clinical symptoms are present.

Malaria

Symptoms typically include fever, rigors, headache, back ache, nausea, vomiting, stomach, muscle and joint pains and hallucinations. There may also be jaundice, respiratory and gastro intestinal symptoms. Symptoms may disappear and then reoccur days later. Malaria should be suspected

with any of the above symptoms, especially if there is unexplained fever and seek medical advice early.

Prevention – this involves consideration of your itinerary, type of accommodation, duration of stay, season of travel. Travel Clinics Australia have access to the most up to date Malaria maps. Preventative medications will be prescribed if you are at significant risk and do not offer absolute prevention against Malaria so avoiding mosquito bites predominantly from dusk to dawn is extremely important.

There are a variety of anti malarial medications available, and all kept on site at our clinics, the right one for you will be discussed at your consultation.

Travellers Diarrhoea

There is a high risk throughout these countries including deluxe accommodation in major cities. Food and beverage precautions are essential in order to reduce chance of illness. We recommend travellers carry gastro medication such as Loperamide (gastro stop),

Gastrolyte and antibiotics for self treatment after discussion with your travel doctor.

Blood-borne and sexually transmitted diseases (STD'S)

STD's, hepatitis B are generally more prevalent in developing countries. Unprotected casual sex whether with the local population or a fellow travellers is always high risk.

Inhibitions can be diminished when travelling away from the social constraints of home. In addition excess alcohol and recreational drugs can influence behaviour and encourage unintentional risk exposure.

HIV and hepatitis b may be transmitted through blood, blood products and contaminated surgical or dental instruments which any be required following accidents and trauma. Tattooing and body piercing carry similar risks.

Consider carrying a needle and suture kit for high risk areas.

If possible defer medical treatment and travel to a facility where safety can be assured.

