

Frome Valley Medical Centre



Immunisations and vaccines

Travel Vaccinations (Non-EU)

If you require any vaccinations relating to foreign travel **you need to make an appointment with the practice nurse** to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. For this it may be helpful to fill out a travel questionnaire

<https://www.mysurgerywebsite.co.uk/secure/travel.aspx?p=L81014>

It is important to make this initial appointment as early as possible - at least **6 weeks** before you travel - These vaccines **have to be ordered** as they are not a stock vaccine. Your second appointment to receive the vaccination needs to be at least **2 weeks** before you travel to allow the vaccines to work.

Some travel vaccines are ordered on a **private prescription** and these incur a **charge** over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS.

More info at:

<http://www.fitfortravel.scot.nhs.uk/destinations>



Travel Vaccinations (EU)

If you are travelling to Europe a very useful booklet has been published with advice and guidance to help you get the most out of your holiday.

More info at:

http://ec.europa.eu/archives/publications/index_en.htm

For more info-

<http://www.immunisationscotland.org.uk/your-questions-answered/about-vaccines/what-to-expect-teenagers.aspx>

Most common side effects are at the site where the injection was given:

-swelling -redness -
tenderness -a small hard lump.

These symptoms usually pass within a couple of days and you don't need to do anything about them. If, after having read this leaflet, you are still not happy with your reaction to any immunisation, speak to your Practice nurse or GP.

MYTH BUSTED

The injection will make me get the illness

NO- This is not accurate as most things that you are injected with are not live, they are inactive meaning the body will produce antibodies but you won't get sick. However you may feel a little funny sometimes. Don't be worried this is normal.

The needle will make me hurt for days

NO- It will be a sharp scratch and may hurt for a few hours but then it should go away.

You can't have them if you're on medication

YES/NO- It is important to discuss this with your doctor as for some Live injections you cannot have them on certain medication. However you can still have most inactive injections. The best answer it's up to your GP

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Seasonal Flu Vaccination

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. For most people, flu is unpleasant but not serious. You will usually recover within a week.

At-risk groups:

- All pregnant women (including those women who become pregnant during the flu season)
- all school-aged children who are part of the pilot childhood programme
- have a serious medical condition (see below)
- are living in a long-stay residential care home or other long-stay care facility
- people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill
- are a frontline health or social care worker

But the flu vaccination is also available to other people for a small fee

What about giving consent?

Your parent/guardian is being asked to sign the consent form if you are under 16 years of age. Parental agreement is always advised, but you can give consent for yourself if you are able to understand what is being offered. If you, or your parent/guardian, have any questions about having the immunisation please speak to your nurse or GP.



There are many places you can get immunised at -

- School
- Doctors surgery
- Hospital
- Local community centre and many more