

www.masta-travel-health.com

- Please log onto the above website for up to date travel advice for your destination. This is a free service. You will need to complete a Health Brief for each person (over 18 years old) travelling.
- Log onto “New to Masta” and register.
- Select GP. You must select “Church View Surgery, Dr Lightfoot and Partners” so that the surgery is able to access your brief and discuss your requirements with you.
- Follow the instructions on the site. When you add your treatment history please add all your vaccinations as they appear on the printout provided by the surgery (influenza vaccines need not be added), or as per any other vaccinations you have had elsewhere.
- Once this section has been completed then scroll down to the bottom of the page and click on “View travel health brief”. This section will advise you of recommended vaccinations and vaccinations to be considered for your trip; and also if any antimalarial medication is recommended.
- Your vaccination sheet provided by the surgery will indicate which vaccines are up to date and can therefore be ticked off as not required from the recommended list.
- We advise that you book an appointment (at least 2 weeks and preferably 8 weeks before travelling) if any recommended vaccines are outstanding or if you wish to have any of the “vaccinations to be considered”. If you are unsure about what Masta have recommended or want additional advice then please book a telephone appointment with the nurse.
- Some vaccines are available free of charge in the surgery, details are on the vaccine prices list that you have been given. It is your choice as to whether you have your vaccine with us, Masta or any of the other Travel Clinics in the area, (details of these again on separate sheet that you will have been given). We would be grateful if you update the surgery on any vaccinations you have elsewhere so that your records can be kept up to date.
- Antimalarial medication, Malarone, Doxycycline or Mefloquine can be obtained from the surgery by Private Prescription only, see separate sheet re prices. You need to complete a form in the surgery to get this medication. You can then either get the medication from the surgery or take the Private Prescription (there is a charge of £11 for a Private Prescription) to any chemist. Alternatively you can buy these medications from any of the other Travel Clinics in the area (they will charge a consultation fee for this). Chloroquine and Proguanil can be bought over the counter from any chemist.
- Please make sure that you read all of your Health Brief as the section on Malaria is right at the end and taking the correct antimalarial medication is as, if not more important than your vaccinations.