

# BEFORE YOU LEAVE

## IMMUNISATIONS and ANTI-MALARIALS

Please click here for a step-by-step guide to planning your travel vaccinations

***(Remove items highlighted if we are no longer a Yellow Fever Centre – if retained please remove highlighting)***

Make sure you plan your travel vaccinations well in advance, you will often need to start receiving immunisations at least 8 weeks before you leave Leeds

We are a registered Yellow Fever Vaccination Centre, go straight to Step 5D if you only need Yellow Fever

## HOW TO PLAN YOUR TRAVEL IMMUNISATIONS

### STEP 1 – OBTAIN A FREE MASTA TRAVEL BRIEF

To obtain any travel related vaccinations from Leeds Student Medical Practice you must obtain a free MASTA (Medical Advisory Services for Travellers Abroad) Travel Brief. This is a high quality medical travel guide containing a personal travel schedule for every country on your trip. It will advise you about: recommended vaccinations, give alerts and warnings for each country including any disease outbreaks, and provide tailored travel advice for your trip. You will receive an e-mail copy of the Brief, and if connected to a printer you can print it immediately. You can obtain a free MASTA Travel Brief using this link: <http://www.masta-travel-health.com/health-brief/create/>

### STEP 2 – DECIDE ON YOUR VACCINES

Your MASTA Travel Brief will tell you which vaccinations are mandatory, which ones are strongly recommended, and which ones you may wish to consider. It is up to you to decide which vaccinations you would like to have

### STEP 3 – PLAN YOUR VACCINATION SCHEDULE

#### 3A – FREE NHS VACCINATIONS

Diphtheria, Tetanus, Polio, Typhoid (Spring 2013 - national shortage of Typhoid vaccine, not currently possible to guarantee vaccination), Hepatitis A and Cholera can all be obtained free of charge from your GP surgery. If you are a registered patient of Leeds Student Medical Practice and wish to book an appointment for any of these vaccines see step 5

#### 3B – PRIVATE VACCINATIONS

All other vaccinations on your MASTA Travel Brief are treated as private for travel purposes. At Leeds Student Medical Practice the only private vaccine we supply is Yellow Fever for a fee of £55 including certificate. If your MASTA Travel Brief recommends other vaccinations that we do not provide, you can obtain them from private providers such as: MASTA – Leeds, Moorfield Road, Yeadon, Leeds, LS19 7BN. Tel: 0330 100 4207  
City Doc at Superdrug - 31-35 Merrion Centre, Leeds, LS2 8NG. Tel: 0845 0260 830  
Leeds Travel Health and Immunisation Service at Meanwood Health Centre - 548 Meanwood Road, Leeds LS6 4JN. Tel:0113 843 3375 - PDFMeanwood Health Centre Travel Service

### STEP 4 – ANTIMALARIAL MEDICINES [\(Link to Page\)](#)

Decide whether you need to take antimalarial medicine. Your MASTA Travel Brief will tell you what type of antimalarial medicine you need. If you are recommended to take Doxycycline, Malarone or Mefloquine these are only available from a private travel clinic (as detailed in Step 3B), or by getting a private prescription from a GP. If you are a registered patient of Leeds Student Medical Practice and want to book an appointment for an antimalarial prescription see Step 5C

## STEP 5 – BOOKING APPOINTMENTS FOR TRAVEL VACCINES AND ANTIMALARIALS AT LSMP (REGISTERED PATIENTS ONLY UNLESS IT IS FOR YELLOW FEVER VACCINE)

### 5A – MASTA TRAVEL BRIEF

You must have a MASTA Travel Brief in your possession in order for us to give you travel vaccinations or an antimalarial private prescription and you must bring it with you to the appointment

### 5B – APPOINTMENTS FOR FREE NHS TRAVEL VACCINES

If you require vaccination with: Diphtheria, Tetanus, Polio, Typhoid, Hepatitis A or Cholera, book a 10-minute travel immunisation appointment with a nurse. Bring the MASTA Travel Brief with you to the appointment - if you don't bring it we will not see you, and you will have to book another appointment to attend with the MASTA Travel Brief

Download and print our PDF Travel Handout to help organise your vaccinations and save time

### 5C – APPOINTMENTS FOR PRESCRIPTION ONLY ANTIMALARIAL MEDICINES

View our Malaria Prophylaxis page ([Link to Page](#)), which contains information about antimalarial medicines. You can get prescription only antimalarial medicines from a private travel clinic (as listed in Step 3B), which may be the best option if you are attending there anyway for private vaccinations. Over the counter anti-malarial medicines can be obtained from pharmacies and usually private travel clinics. If you are a registered patient at our practice and want us to give you a private prescription for Doxycycline, Malarone or Mefloquine, make an appointment with a doctor at Leeds Student Medical Practice for this prescription. Bring the MASTA Travel Brief with you to the appointment - if you don't bring it we will not see you, and you will have to book another appointment to attend with the MASTA Travel Brief

Download and print our PDF Travel Hand-out to help organise your vaccinations and save time

### 5D – APPOINTMENTS FOR YELLOW FEVER VACCINE

Leeds Student Medical Practice is a registered Yellow Fever centre. This means that you can book an appointment for this private vaccine even if you are not a registered patient. Please contact the practice and ask for an appointment for a Yellow Fever Vaccination. Our fee for giving the vaccine and providing a certificate is £55. A MASTA Travel Brief is not needed by us if this is the only travel service you need from us

## MALARIA PROPHYLAXIS (PREVENTION)

Check carefully the areas you plan to travel to and take anti-malarial tablets if advised by your MASTA Travel Brief. Some tablets can be bought over the counter in a chemist but others are only available on prescription. Do not take over-the-counter tablets if prescription-only prophylaxis has been advised!

### Antimalarials Without Prescription (Over the Counter) ([Insert Link](#)) OVER THE COUNTER ANTI-MALARIALS

<b>Chloroquine (Nivaquine 150 mg Avloclor 155mg)</b>	<b>Proguanil (Paludrine 100mg)</b>	<b>Chloroquine and Proguanil (Paludrine 100mg/ Avloclor 155mg)</b>	
<b>Effectiveness</b>	Not 100%	Not 100%	Approximately 70%
<b>Most notable adverse effects</b>	Headache, nausea, vomiting, allergy. With prolonged use reversible hair loss can occur	Nausea, vomiting, mouth ulcers. With prolonged use reversible hair loss can occur	Headache, nausea, vomiting, allergy, mouth ulcers. With prolonged use reversible hair loss can occur
<b>Frequency of doses</b>	2 tablets once a week (every 7 days) taken with water after food (one missed dose can result in temporary loss of protection)	2 tablets daily with water after food (one missed dose can result in temporary loss of protection)	Chloroquine 2 tablets once a week and Proguanil 2 tablets daily, with water after food. (one missed dose can result in temporary loss of protection)
<b>Start time before entering malaria area</b>	1 week	24 hours	1 week
<b>Duration of medication required after leaving malaria area</b>	4 weeks	4 weeks	4 weeks
<b>Main contraindications</b>	Epilepsy, psoriasis, (children require different doses)	Severe renal failure, (children require different doses)	Epilepsy, psoriasis, children under 1yr (children require different doses)
<b>Approximate costs</b>	£3 for 28 tablets, to cover for a 14 day holiday (7 weeks of medication) [Sold only as pack to cover two people]	£11 for 98 tablets, to cover a 14 day holiday (7 weeks of medication)	£19-£24 Travel Pack to cover a 14 day holiday (7 weeks of medication)

These antimalarial drugs are obtainable OTC (over the counter) from a pharmacy for travellers to areas which are chloroquine-sensitive. The pharmacist will advise you which antimalarials you require. Tell the pharmacist if you are pregnant or are planning to become pregnant

There is a choice of antimalarial prophylaxis (preventative drugs) for your proposed travel abroad. Click here [\(Insert Link\)](#) for a brief outline of the main differences between the drugs

If you are having intradermal anti-rabies vaccination you must complete the course before starting antimalarial drugs. Intramuscular rabies vaccination is not affected by anti-malarials

Remember that malaria can kill (on average there are 7 deaths per year in the UK from malaria) Malaria prophylaxis is very important. Even though you are taking anti-malarials there is still a small chance that you may develop malaria even after you return to the UK, accordingly please be alert to symptoms; flu-like illness, fever, headache, joint aches. Seek medical advice promptly if you suspect malaria

Remember to use avoidance measures whilst abroad; mosquito repellants containing DEET, cover up body dusk until dawn, mosquito nets (preferably impregnated with permethrin)

### Antimalarials On Prescription [\(Insert Link\)](#)

#### PRESCRIPTION ONLY ANTI-MALARIALS

	<b>Mefloquine (Lariam)</b>	<b>Doxycycline</b>	<b>Malarone (Atovaquone &amp; Proguanil)</b>
<b>Effectiveness</b>	V. good (~90%)	V. good (less evidence)	V. good (less evidence)
<b>Most notable adverse effects</b>	Nausea, vomiting, dizziness, sleep disturbance, stomach upset. More rarely psychiatric disturbance, fits, rashes and heart problems	Photosensitivity rash (up to 3%), Gastrointestinal	Relatively low
<b>Frequency of doses</b>	Weekly	Daily (one missed dose can result in temporary loss of protection)	Daily
<b>Start time before entering malaria area</b>	2-3 weeks	1-7 days	1 day

<b>Duration of medication required after leaving malaria area</b>	4 weeks	4 weeks	1 week
<b>Main contraindications</b>	Epilepsy, psychiatric disorders, early pregnancy, <b>scuba diving (see section below)</b>	Children, pregnancy	Pregnancy
<b>Cost for a trip of 28 days (Guide only)</b>	£20 to £30 (depends on chemist)	£14 to £30 (depends on chemist)	£84 to £110 (depends on chemist) Note: Licensed for trips of 28 days or less but see: Important note on Malarone below

### **IMPORTANT NOTE ON MALARONE**

Many countries do not restrict the length of time Malarone can be taken although the UK product license states it can only be taken for travel up to 28 days. There is a report of Malarone use for periods from 9 to 34 weeks, in which there was no excess of adverse effects and no appearance of unexpected adverse effects (Overbosch 2003). The ACMP concludes that there is no evidence of harm in long-term use and suggests that it can be taken confidently for travel up to one year or longer. Nevertheless, long-term use of Malarone should be prescribed with careful consideration until additional post licensing experience is available

### **LARIAM & SCUBA DIVING**

Lariam (mefloquine) is an anti-malarial drug used in regions of the world where chloroquine resistant falciparum malaria is prevalent. E.g. East Africa, South East Asia

Possible side effects of Lariam such as dizziness, blurred vision and a disturbed sense of balance are common and could cause problems for divers. These effects can often imitate or even worsen the symptoms of Decompression Illness (DCI). There could also be confusion between the side effects of Lariam and the symptoms of DCI or nitrogen narcosis resulting in a misleading diagnosis

Therefore, Lariam must not be taken by persons intending to take part in scuba diving.

The manufacturers of Lariam recommend that it should not be taken by persons who carry out tasks demanding fine coordination and spatial discrimination, including scuba diving. If Lariam is taken, these persons should refrain from such activities during and for at least three weeks following use

For travellers in areas at risk from chloroquine resistant P. falciparum

There is a choice of antimalarial prophylaxis (preventative drugs) for your proposed travel abroad. Click here [\(Insert Link\)](#) for a brief outline of the main differences between the drugs. You should consider your preferred option before your travel clinic appointment

These are available from the private clinics shown on the Immunisations and Anti-Malarials page [\(Insert Link\)](#). If you decide you want us to supply a private prescription, you will need an appointment with a doctor to obtain your antimalarial prescription. We will supply a private prescription, which we do not charge for. Bring the MASTA Travel Brief with you to the appointment - if you don't bring it we will not see you, and you will have to book another appointment to attend with the MASTA Travel Brief. The pharmacy might charge an administration fee for dispensing your private prescription, and will charge you for the cost of the antimalarial drugs

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### **MALARIA GENERAL GUIDANCE**

Malaria is probably the most common and most serious disease you will be exposed to when travelling. Malaria is caused by a microscopic parasite transmitted by female mosquitoes when they take a blood meal at your expense. There are four species of malaria parasite, of which Plasmodium falciparum is the most dangerous and can lead to cerebral malaria and death

Malaria usually starts as a fever and you will feel very unwell. Other symptoms may include diarrhoea, headache or a cough. In a malarious area, all illnesses with fever should be considered to be malaria until proved otherwise. Seek medical help as soon as you can if you become ill

Check carefully the areas you plan to travel to and take anti-malarial tablets (prophylaxis) if advised by the travel-health nurse or doctor. Some tablets can be bought over the counter in a chemist but others are only available on prescription. Do not take over-the-counter tablets if prescription-only prophylaxis has been advised

You can get malaria even when taking prophylaxis, but this happens more commonly in individuals who forget to take one or more tablets. It is essential that you take the tablets you are prescribed regularly and on time and for the whole of the recommended time after leaving a malarious area (sometimes for 4 weeks after)

Mosquitoes that transmit malaria bite mainly at night, but this can be any time from dusk onwards and even just after dawn. Use insect repellent containing at least 35% DEET, wear long, loose clothing when possible and consider taking a mosquito net impregnated with permethrin to sleep and rest under. These can be bought in outdoor/camping shops which stock a full range of products. Do not rely on insect repellent and mosquito nets alone if you have been advised to take prophylaxis as well; all forms of protection are important

- Take adequate supplies of the antimalarial agent suited to your area of travel and remember to take it. People die every year from malaria in the UK
- Even with the best prophylaxis you may still catch malaria so have a high index of suspicion
- Report any unexplained illness with symptoms such as fever, headache, malaise, muscle aches and fatigue
- Malaria can occur up to two years after being bitten by an infected mosquito
- If you become unwell with fever up to a year after returning from a malarious area, see your GP and tell them you have travelled abroad

### **Insect Bites**

Mosquitoes, certain types of flies, ticks and bugs can transmit many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime. The main way to avoid illness is to avoid being bitten:

If your room is not air conditioned, but screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc

Electric insecticide vaporisers are very effective as long as there are no power failures!  
Electric buzzers, garlic and vitamin B are not effective

Cover up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear light coloured clothes, long sleeves, trousers or long skirts

Use insect repellents on exposed skin. (Choose those containing DEET or eucalyptus oil base. A content of approximately 35% DEET is recommended for tropical destinations.) Clothes can be sprayed with repellents too. Impregnated wrist and ankle bands are also available. Check suitability for children on the individual products

Report any unexplained illness with symptoms such as fever, headache, malaise, muscle aches and fatigue

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## **OTHER IMPORTANT PREPARATION FOR YOUR TRAVELS**

For more detailed information about planning your trip please see the useful links here [\(add link\)](#)

### **INSURANCE**

Make sure you have full medical insurance covering all activities you are likely to take part in, and make sure it is a repatriation policy. The biggest risks to travellers abroad are theft and road accidents. Make copies of your travel insurance documents, take one with you and leave a copy with a contact in the UK. If you can, scan them and e-mail them back to yourself. Do the same with your passport and tickets etc. Keep a copy of your travel insurance company telephone number and your insurance document number with you at all times

If you are a UK resident, you can obtain a European Health Insurance Card, this entitles you to medical treatment that becomes necessary, at reduced cost or sometimes free, when temporarily visiting a European Union (EU) country, Iceland, Liechtenstein, Norway or Switzerland. You can apply on-line (at least 6 weeks before departure)

### **LOCAL KNOWLEDGE**

Look up information, medical and otherwise on the area you will be travelling to and draw up a list of items you need to take (including medical kit). Be aware of the medical conditions you are likely to encounter and read up on them

### **PERSONAL HEALTH**

Make sure you have adequate supplies of any regular or intermittent medications you take. Have a full dental check up a couple of months before you go (see our Dentists in this area page)

### **FIRST AID KIT**

Put together a medical kit appropriate to the nature of your trip. See our Medical Kit for Travellers page

### **PERSONAL SAFETY**

Objective Travel Safety runs regular courses specifically designed for students planning gap year travel.