

Tamar Valley Health Travel Advice Policy

The Nurses at Tamar Valley Health will be happy to assist you with some aspects of your travel health needs, the more notice you can give us, the better, as we are a busy practice.

Tamar Valley Health hope to go live with a full Travel Health Consultation service later in early 2025, in the mean time.....

We strongly recommend that you use a Travel Health Provider such as Aquamarine or Citydoc for a full travel health consultation, they will be able to advise you about ALL aspects of your trip, and all vaccines needed, including those not available on the NHS. Many large pharmacies also offer a travel health service. You do not have to have your NHS provided vaccines in the private clinic, though if you do there may be a charge. Your clinic will advise you of this.

[Travel Vaccination Clinics in Devon | CityDoc](#)

<https://www.aquamarinemedicals.co.uk/>

If you are unable to do this, then we request that you do your own rigorous and thorough research via NathNac (click on the "Travel Health Pro" icon) you will need to bring a printout of vaccines recommended to your appointment.

Many have found Jane Chiodini's leaflet helpful.
[Travel Health Advice Leaflet \(janechiodini.co.uk\)](#)

[NaTHNaC](#)

VACCINES PROVIDED AT TAMAR VALLEY HEALTH FOR TRAVEL

We are ONLY able to provide and administer NHS supplied vaccines until our private service is up and running. These are:

Tetanus
Diphtheria
Polio
Hepatitis A
Typhoid
Cholera.

We are not able to provide a full travel health consultation or private vaccines such as Hepatitis B, Rabies Japanese encephalitis etc until our new service is up and running in early 2025. Please be aware that some vaccines such as Rabies and Hepatitis B have schedules that last a month so early planning is KEY.

YELLOW FEVER

We are a Yellow Fever Centre and will be able to provide Yellow Fever vaccination and certificate at a cost of £70. Please be advised that the Yellow Fever Certificate is not valid until 10 days after vaccination so you will need to factor this into your travel plans.

MALARIA

You can buy Malaria tablets from any major pharmacy, including Gunnislake Pharmacy.

You will need to know what product you want, and how long you want it for.

You will need to give at least a week's notice so it can be ordered in.

Information on what product to chose, and malaria risk areas is available on NathNac website, or Jane Chiodini

[Jane Chiodini - Travel Health Specialist Nurse](#)

[NaTHNaC - Malaria resources \(travelhealthpro.org.uk\)](#)

TIMEFRAME:

We strongly advise that you sort your travel health as soon as possible, both Tamar Valley Health and other providers have wait lists and some vaccines have longer schedules.

It is recommend that you receive your vaccines at least two weeks before you travel, however a late vaccine is better than none at all.

HOW TO BOOK

Please call or pop in to the surgery between 10am and 4pm weekdays. Reception will need to know:

- 1) What vaccines you require especially if you need Yellow Fever.
- 2) Where you are going
- 3) When you are going

At your appointment you will be given a full printout of your vaccines and booster dates.

We will do our level best to accommodate you in a timely manner, the more time you can give us, the better. At the time of publishing, at least 4 weeks notice is needed for a travel vaccination appointment.