



### WHY DO I NEED TO BE VACCINATED?

In most developing countries, a number of preventable diseases can still be found. They can spread via contaminated food, water, mosquitoes, bodily fluids or open wounds. Vaccination is the most effective way to prevent you from contracting these diseases.

### WHEN SHOULD I COME IN?

As most vaccinations take around two weeks to provide immunity, we suggest you come in for your consultation as early as possible before travelling as some vaccines require a course of 2 or 3 vaccinations. That said, it is never too late to receive some vaccines.

It is important that you have good knowledge of your itinerary, and the style of accommodation you will be staying in as both these factors will influence the vaccinations or medications required.

### WHAT IS INVOLVED?

You will spend approximately 20 minutes with the doctor who will discuss specific travel advice for your destination, including how to avoid illness and disease we cannot vaccinate against, and write any prescriptions or relevant letters needed when travelling overseas. You will be joined by the nurse who will discuss your vaccination history and any further vaccines you may need. We stock a wide range of vaccinations at the practice.

If you have other health matters to discuss with the doctor, please let Reception know so that a longer consultation time can be booked.

### ARE THERE ANY SIDE EFFECTS FROM THE VACCINATIONS?

It is common to have some discomfort or redness at the injection site and perhaps a fever. These should only last a few days and should not impact on your daily activities. If you have a yellow fever vaccination you will need to wait 30 minutes at the practice after vaccination.

### WHAT DO I NEED TO BRING TO THE CONSULTATION?

If you have a record of previous vaccinations it is important that you bring this with you. You will also need to bring along a copy of your itinerary so we can ensure you receive the most accurate information relating to the areas you are travelling to.

### WHO CANNOT BE VACCINATED?

Please let the nurse or doctor know if you have any allergies, illness or are on medication that may compromise your immune system. If you have a fever we may need to delay vaccination.

### POINTS TO NOTE:

- We stock a comprehensive range of vaccines at the practice
- It takes approximately 2 weeks before most vaccines provide immunity
- We will need to know your itinerary
- Some vaccines require a course of 2 or 3 vaccinations
- Please bring a record of any previous vaccinations (if you have one)

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

For information about all our services and our doctors, please visit [www.cremornemedical.com.au](http://www.cremornemedical.com.au)

