

To ensure we are up to date we subscribe to an international travel medicine database called MASTA which has up to date health information for all countries.

If you are going to somewhere really exotic it is a good idea to talk to the secretaries and fill in a MASTA form a few days before seeing your doctor. You will then receive an individualised risk assessment in writing when you see the doctor. This is full of useful information.

If possible we would like to see you at least a month and preferably two months before overseas travel.

We keep most immunisations for overseas travel onsite in our surgeries. This saves you time and money.



Because of our interest and expertise in travel medicine we are the only Australian Government approved **Yellow Fever Vaccination Centre in Port Stephens.** Yellow Fever vaccination is mandatory for many countries in central Africa and South America.

Please tell the secretary if you think you may need a yellow fever vaccination at the time of booking.

WE LOOK FORWARD TO SEEING YOU AT YOUR TRAVEL MEDICINE AND IMMUNISATION APPOINTMENT.

If you are traveling you may find the following sites helpful:

www.cdc.gov.

www.smarttraveller.gov.au

www.mdtravelhealth.com



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SHOAL BAY & ANNA BAY MEDICAL CENTRES

Travel Medicine and Immunisation

Important travel advice for your next overseas trip!



Risk Assessment for Travel

At Shoal Bay and Anna Bay Medical Centres we offer comprehensive travel advice to patients going overseas for both work and leisure. We are one of only two accredited yellow fever vaccination clinics in the Hunter Region.

If you are making an appointment regarding travel please let the secretaries know at the time of booking so that the correct amount of time will be booked for you.

Travel medicine is not just a matter of looking up a country on the internet and deciding what “shots” are needed. A risk assessment is necessary and this may depend on a number of variables such as the country to be visited, length of time being spent overseas, living conditions and season.

For example a person backpacking through India for months will have a very different travel risk to a business person flying into Delhi for a short conference and staying in a 5 star hotel.

We do not do “blanket “ immunisations for every possible illness when you travel; rather we focus on your individual risk and other important issues such as prevention of insect bites, hygiene and safe eating and drinking.

We do try to be sensible regarding our advice to travelers and make sure you get value for money.

Patients often question the need for immunisation when going to popular tourist destinations such as Bali and Thailand. They may be worried about cost and will often cite the example of a friend or relation who went to a particular country without getting sick.

This may well be true but we would remind you that “if you think vaccination is expensive - try the disease”. It is easy to forget in Australia that illnesses such as Malaria, Cholera and Typhoid make people very sick and can be rapidly fatal. Apart from ruining your trip these and other illnesses may require admission to hospital and a stay in an overseas hospital may not be a comforting experience.

PERSONALISED TRAVEL ADVICE

We may discuss any or all of the following with you depending on your destination and type of travel:

- Risk of flying and thrombosis.
- Risk of infectious disease - food borne, insect transmission and others.
- Risk of sexually transmitted infection.
- Risk of being affected by robbery and crime.
- Food and drink safety.
- Transport safety and possibility of accident.
- Altitude sickness.
- What to do if you get sick when overseas.

