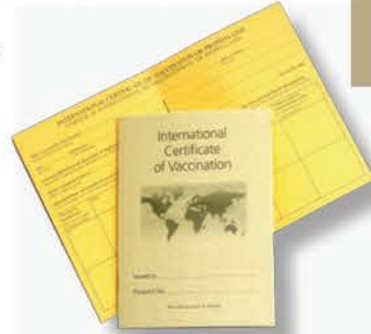


## Immunisation Records

Do you have a vaccination book? It is supplied free when you consult us, at a specialised Travel Medicine Alliance Clinic. It has space to list what vaccines you have had, what they are for, and how long they last.

We supply this internationally accredited vaccination record book as you may be required to show it before you are permitted to enter certain countries, or even to return to Australia after visiting certain destinations.

As well as a compact record of your vaccinations, it has space for other pertinent medical details, such as your blood group, allergies and important medical history.



## Wondering what shots you've had, and when?

There is no need to wonder any longer. We can do a blood test to check antibody levels for some common travel diseases. Once you have consulted us you will also have peace of mind knowing your vaccine records are kept on file for the future. Our excellent records may save you from having unnecessary vaccinations on subsequent trips. This is another advantage of using our specialised medical centre.

## Need a booster? We remind you

Many vaccination programs require booster shots, e.g. hepatitis A: the first shot protects you for six months, and the booster protects you for life. It is important to follow through. It's easy to forget, so we will inform you when your booster shot is due.



take this



The Travel Medicine Alliance (TMA) is a network of specially trained doctors whose job is to help you prepare to travel overseas.

**Ideally you need to call for an appointment at least 8 weeks before you travel.**

There TMA member clinics Australia wide, for your nearest clinic

**Phone 1300 42 11 42**  
**www.travelmedicine.com.au**



Your nearest TMA Travel Medicine clinic is at:



**Daylesford** 10 Hospital St tel: 03 5348 2227  
**Trentham** 22 Victoria St tel: 03 5424 1602

[springsmedical.com.au](http://springsmedical.com.au)

MEMBER OF THE  
TRAVEL MEDICINE ALLIANCE



[www.travelmedicine.com.au](http://www.travelmedicine.com.au)



Check out the Travelling Well short film on the TMA website



# If you are travelling overseas, this information is important.



Overseas travel is more than visiting wonderful places, tasting exotic foods and encountering different people. It might also mean contracting diseases... that you may never get over.

## Why visit a Travel Clinic?

Visiting a specialised doctor means you get world's best practice, evidence based travel medicine care and you save time and money.

We provide you with a complete range of travel medicine services, including:

- Experienced advice. All of our doctors are specially trained in travel medicine.
- Guaranteed up-to-date travel recommendations. We are in constant contact with international health experts.
- Immediate attention. For your convenience, we stock most vaccines and medications – including the Yellow Fever vaccine.
- Travellers' medical supplies specific to your destination and medical history. We also supply specialised travel health products including mosquito nets and high-potency repellents.
- An internationally-accredited vaccination record.
- Answers to your questions. You can ask our travel doctors about your concerns. We will reassure you with sensible answers that clearly identify any risks you may encounter and how to overcome them.
- Your details are held on permanent file, so you may email before a future trip to see if you need to come in.
- Medicare will partially refund your consultation fee (as long as you are not travelling for work).
- Some of the cost of your vaccines can be claimed through private health insurance funds.



Whether you are travelling for pleasure or work, a first time journey or a seasoned traveller, consulting a specialised Travel Medicine Alliance clinic is prudent. It is important to get up to date medical advice and the proper vaccinations before you go.

### The expert attention and advice you need ...

Our entire medical team are seasoned travellers with first-hand experience of the kind of conditions you will face. This means the advice you will get from us is practical and relevant. We will take the time to listen to you and provide you with balanced, specialised advice. Rather than simply giving you every available vaccine, we give only the vaccines you will need pertaining to:

1. The specific area you are visiting,
2. The length of your stay, and
3. Your medical history and your current health.

Whether you need protection against Yellow Fever, Malaria, Hepatitis A, or any other imaginable disease, you can be sure our advice and preventative health care will give you peace-of-mind.

### Beware of myths!

You will not get a balanced view of conditions overseas from the internet, TV, radio or newspapers.

Their job is to sell stories. Our job is to give you specialised, customised reliable advice.

If you want to know more about DVT (travellers' thrombosis), SARS, Bird Flu, Swine Flu, plague or just travellers' diarrhoea... consult us.

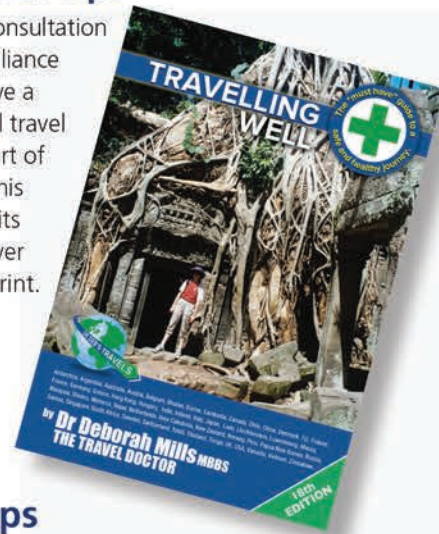
### Hating injections is NORMAL ...

We recognise that for some people having an injection can be a stressful time. We respect your concerns and use our many years of experience in this field to minimise the discomfort you may feel. We have on hand special patches which, if put on at least an hour before having a vaccine, will go a long way to alleviating any unpleasantness you may experience.

### Healthy Travel Tips

When you have a consultation a Travel Medicine Alliance clinic, you will receive a valuable and helpful travel resource book as part of that consultation. This book is currently in its 18th edition with over 185,000 copies in print.

Travelling Well – The “must have” guide to a safe and healthy journey by Dr Deborah Mills.



### Dr Deb's apps

Dr Deb has produced some smartphone applications (apps) for technology minded travellers. *Travel Health* is based on the treatment section of the *Travelling Well* book. Travellers' first aid information can be carried in the iPhone, without the need for an internet connection.

*Vaccine Record for Travellers* is an app that allows users to store their vaccine records in their iPhone or Android phone.



### Travellers' Medical Supplies

When you're travelling, top-quality medical care isn't always accessible. Our travel doctors will advise you on the best medication to carry with you in case you get sick, so you can get back on track as quickly as possible.

We have undertaken our own medical research, so we know what is likely to happen to travellers and what you are likely to need.



Authorities now recommend taking an antibiotic is the fastest way to fix travellers' diarrhoea, and you may be surprised to learn that different antibiotics are recommended for the treatment of diarrhoea in different parts of the world. Travellers can also suffer other things besides the travellers' diarrhoea. For example, statistics show that 28% of travellers develop a respiratory infection during travel.

As with your vaccinations, we tailor our recommendations to suit your specific destination, your length of stay and your medical history. We believe all medication must be clearly labelled with what the drug is for, as well as how to take it. We stock all relevant medications in our clinic.

We can also supply:

- A medication authorisation letter for you to present to Customs officials if necessary.
- Easy-to-follow, step-by-step instructions that tell you exactly what to take and when.
- A handy zipped bag to make your supplies look more 'official'.

### Contact us early to ensure that you are well prepared ...

While it's never too late to plan for a healthy trip, ideally, your pre-travel health arrangements should begin at least eight weeks prior to departure.

**There are very good reasons for this.**

**First**, you can receive your treatment over a period of time to minimise the inconvenience of any side-effects, such as the pain of carrying a heavy suitcase with a sore arm.

**Second**, some immunisations must be spaced over a eight-week period.

**Third**, some vaccinations take time to take effect.



Our travellers regularly consult their book, *Travelling Well*.

**When it comes to overseas travel, prevention is far better than cure.**

At the Travel Medicine Alliance Clinics, we look forward to helping you to prepare for your journey, so you don't bring home a disease as a souvenir of your travels.

