



Looking to travel?
Vaccines for all destinations available
Accredited Yellow Fever Vaccination Centre



OCEAN WAVE MEDICAL

TRAVEL VACCINE CLINIC

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Surgery Opening Hours

Monday - Friday

7.30 am – 6.30 pm

Saturdays and Sundays

8.30 am – 4.30 pm

If you plan to make an overseas trip for business, recreation, or to visit family and friends, it is important to speak to your doctor at least 8 weeks before you travel. Also, be aware of any health risks that you may encounter and vaccines that may be recommended for you. This will help you to complete the recommended course before you leave. We do both pre travel health checks and after travel health checks at our clinic and it is important to complete the full recommended course for any particular vaccine.

All overseas travelers should ensure that:

- They have had 2 doses of Measles/Mumps/Rubella (MMR) vaccine if they are above 5 years of age and were born since 1970.
- They have had Diphtheria and Tetanus (ADT) vaccination within the last 10 years.
- They have had a full course of Hepatitis B vaccine, especially if intending to have an extended trip or to be sexually active whilst overseas.

ILLNESS ON RETURN

Illnesses that develop after return may have been picked up overseas. If you are ill within 12 months of your trip, mention the trip to your Doctor.

TOP 10 - Frequent Travel Destinations

For Australians where immunisations and malaria prevention may be recommended

1. **Indonesia**
Hepatitis B, hepatitis A, malaria, typhoid, rabies, Japanese encephalitis
2. **Thailand**
Hepatitis B, hepatitis A, malaria, typhoid, rabies, Japanese encephalitis
3. **China**
Hepatitis B, hepatitis A, malaria, polio, typhoid, rabies, Japanese encephalitis
4. **Singapore**
Hepatitis B, hepatitis A, typhoid, rabies
5. **Fiji**
Hepatitis B, hepatitis A, typhoid
6. **Malaysia**
Hepatitis B, hepatitis A, malaria, typhoid, rabies, Japanese encephalitis
7. **Hong Kong**
Hepatitis B, hepatitis A, typhoid, rabies
8. **Vietnam**
Hepatitis B, hepatitis A, malaria, typhoid, rabies, Japanese encephalitis
9. **North Africa and the Middle East**
Hepatitis B, hepatitis A, malaria, polio, typhoid, rabies, meningococcal disease, yellow fever (yellow fever vaccination is recommended for specific destinations in North Africa and the Middle East)
10. **India**
Hepatitis B, hepatitis A, malaria, typhoid, rabies, Japanese encephalitis



NOTE: Requirements of vaccination will vary per individual and destination. Meet with your Doctor to discuss further to find out what vaccinations or further health checks are required for your destination.

Before you go

- Have a medical check regarding your suitability for the type of travel you have planned.
- Obtain travel health advice, vaccination and travel medicine prescription from your General Practitioner.
- Most vaccines and some medicines need to be started many weeks before travel.
- Obtain an adequate supply of your normal medications if you are going for a short trip or you are not sure that they will be available at your destination. You may need to carry a signed and dated letter from your Doctor, as some medicines are not normally permitted in some countries.
- Obtain Health Insurance. Overseas medical expenses and evacuation costs can be very high. Medicare benefits are not payable on services received overseas though limited reciprocal arrangements exist with some countries. Check with Medicare for the list of countries and the extent of coverage. Travellers with private health insurance should check the extent with their provider.
- If you have a serious medical condition, purchase and wear a bracelet which will act as a medical alert.
- Do not scuba dive within the 24 hours before you travel by air, as this may result in “the bends”.

At your destination

- In countries where hygiene is suspect, avoid raw, cold or reheated foods, unpasteurised dairy products, water and ice. Food should be thoroughly cooked and eaten hot. Eat only fruits you have peeled yourself. Even in apparently good hotels and restaurants staff hygiene may be inadequate to protect you. **Boil it, cook it, peel it or forget it!!**
- In less developed countries water and ice should not be consumed unless it is boiled or treated with iodine based water purification tablets. Filters cannot be relied upon unless they include an iodine treatment. Brush your teeth only with boiled or bottled water.
- Seek urgent medical attention for diarrhoea with fever and/or with blood or mucous, also if dehydration cannot be controlled.
- Wherever you travel your own personal hygiene is vital. Always wash hands after using toilets and again before preparing food or eating food.
- Ensure protection against mosquitoes as medicines and vaccines do not provide complete protection against mosquito-borne diseases. Dengue mosquitoes bite during the day whereas malaria mosquitoes bite between dusk and dawn, so protection at all times is needed. People taking anti-malarial drugs can sometimes get malaria. Malaria can be fatal. Urgent medical attention should be sought for hay fever occurring whilst in or after leaving a malarial area.





Did you know?

Worldwide, hepatitis A infections account for 1.4 million cases annually

Did you know?

The hepatitis B virus is transmitted through contact with blood or other body fluids of an infected person. It is 50-100 times more infectious than HIV.

Did you know?

Malaria causes around 200 million infections worldwide and 600,000 deaths annually.

Did you know?

Up to 5% of people infected with typhoid become long-term carriers (carry the disease without having any symptoms) and can still spread the disease.

Did you know?

In countries where rabies is widespread, dogs, cats and bats usually carry the disease. If you get bitten or scratched, clean the wound immediately and seek medical assistance.

Did you know?

Yellow fever is mostly transmitted by mosquito bites.

YELLOW FEVER VACCINATION IS COMPULSORY FOR MANY COUNTRIES

& CAN ONLY BE DONE BY AN ACCREDITED TRAVEL VACCINATION CENTRE.

