



## PREVENTING MALARIA

**Malaria can be fatal. There is a high risk of catching malaria in many regions therefore it is essential to seek advice from your GP, Practice Nurse or pharmacist well in advance of your travel.**

Some anti-malaria tablets need to be started 3 weeks before travel (depending on the medicine you are recommended) so make sure you seek advice in plenty of time.

The Department of Health has ruled that medicines to prevent malaria should **not** be provided on the NHS, so please be aware that you will be charged for these tablets.

Some tablets may be bought over the counter at a community pharmacy (chemist). For some countries however you will need tablets that have to be prescribed by a doctor – this means you will need a private prescription. Your GP is allowed to charge you for writing this prescription, and the cost of the tablets will be charged to you by the pharmacist. The charge will be based on the cost of the medicine supplied, and may be substantially more than an NHS prescription charge.

Different pharmacies may charge different amounts so you may want to ask for a few quotes before choosing where to have your prescription dispensed.

Our Practice Nurse will inform you which type of anti-malaria tablets you will require, and provide a private prescription if needed.

### **Further information**

The Department of Health website contains general health advice for travellers including how to obtain a European Health Insurance Card, how to get medical treatment abroad and information on staying healthy while away.

[www.nathnac.org](http://www.nathnac.org)

### **What to do now:**

1. Fill in the form below. Make sure you leave a contact number.
2. Give it in to reception.
3. Our nurse will contact you & tell you which vaccinations you need.
4. Some of the vaccinations may not be covered under the NHS. In these cases you will need to pay **in advance** for the course of vaccinations\*.
5. Once we know what vaccinations you need (and you have paid any non-NHS fees) we will order your vaccinations and arrange an appt with the nurse.

(\*Please be aware that no vaccinations can be administered until the course of treatment has been paid for)