

UIAA Mountain Medical Centre Information Sheet 12

INFOSHEET: TRAVEL AND IMMUNISATION

General Information

Immunisation can protect against many of the more serious diseases that may be encountered during travel abroad. If possible, seek advice about immunisations at least 6-8 weeks before leaving the UK. Currently, the only mandatory vaccination required for certain countries is against yellow fever - an International Certificate of Vaccination may be demanded as a condition of entry when visiting these countries. Sometimes, border officials in certain countries may ask for a cholera certificate, even though this is no longer legally enforceable. If it is known that such a request may be made, it is best to ensure that a certificate is obtained prior to departure, again see the list of countries below.

We recommend that it ***in every case*** when travelling overseas, advice on immunisation should be sought from one of the bodies below, rather than given by the BMC. Vaccination types, regulations and requirements change constantly to account for changes in distribution and outbreaks of dangerous diseases, and any advice sheet issued is likely to be out of date very quickly.

It is worth remembering that immunisation will not protect against many of the more common ailments encountered whilst travelling e.g. Diarrhoea, and it is always wise to maintain high standards of food and water hygiene and to avoid being bitten by mosquitos and other insects. Advice on this and other travel related issues may be found from the contacts below, or through any good outdoor or travel retailer.

Contacts

Medical Advisory Services for
Travellers Abroad
(MASTA)
Tel: 01276 685 040
www.masta.org

The Foreign & Commonwealth Office
(FCO)
Tel: 020 7008 0232/3
www.fco.gov.uk

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