



modern medical

Travelling tips before exploring the world



Taking care of your health before you travel and being aware of possible health issues can help prevent travel related illness. Before you board the plane to explore the world, we suggest you take the following simple precautions and measures.

Before you travel

To help you get prepared for having a healthy holiday, we suggest you do the following:

1



Make an appointment with your GP 6-8 weeks before you travel

2



Arrange vaccinations and get medications, check the legal/visa requirements per country you visit

3



Pack a medical kit for yourself and your family (ask us for one of our travel kits)

4



Get travel insurance that covers you and your family/friends

Your GP appointment with us

Your initial appointment will be for 30 minutes with a Medical Practitioner specifically trained for travel consultations. During your appointment your doctor will take into consideration what vaccinations you have had previously. They will look at where and how you are travelling (please bring your itinerary) and prepare a vaccination schedule and report for you. Our doctors will also recommend methods of keeping you healthy whilst you are travelling.

As the number and type of vaccinations vary depending on your previous history and travel details, vaccinations are an additional cost on top of our consultation fees. Talk to us when making your appointment to understand our fees for individual or family consultations. We also suggest that you check with your Private Health Care provider if some or all of the costs can be refundable through your "extras."