

Travel Clinics

We can now offer travel vaccinations and antimalarial medication all in one place with no need for multiple trips to doctors, clinics and shops to get everything.

- Travel Vaccinations
- Malaria Medication
- Accurate and up to date travel health advice for your itinerary
- Also Meningitis B & HPV Vaccinations

All with no need to visit your doctors surgery!

TRAVEL VACCINATIONS:

Allison's Chemist offers a range of holiday vaccinations. Which vaccines are right for you is a complex choice: allergies, when and where you are travelling and your health status all effect which vaccines may be suitable for you. Our trained pharmacist will discuss your individual travel itinerary with you, assess which vaccines you require and decide on a personal vaccine schedule.

We offer the following vaccines:

- Hepatitis A
- Hepatitis B
- Hepatitis A + B
- Hepatitis A + Typhoid
- Typhoid
- Japanese Encephalitis
- Tick Borne Encephalitis
- Meningitis ACWY + Free Certification
- Rabies

Hepatitis A

Hepatitis A is a viral infection triggered in the liver causing acute inflammation due to poor sanitation and hygiene measures and is more commonly found in areas of Africa and India. This virus is also known as the Hepatovirus and is a member of the Picornaviridae family. Transfer of the virus usually begins by ingestion of contaminated food and drink or through person to person contact with faecal matter passing from hand to eventually mouth. Generally the severity of the disease increases with age.

The period of incubation is generally around 28 to 30 days, however can be between 15 to 50 days. Classical symptoms include mainly all forms of hepatitis present similar symptoms which include nausea/vomiting, diarrhoea, abdominal pain, malaise, gastrointestinal upset and mild fever. Jaundice may result in some cases. Usually the disease does not show any symptoms in children.

Recovery time can take up to a month for the illness to pass and longer in patients with chronic or severe liver failure. Once you have had a Hepatitis A infection you have lifelong immunity to the disease.

Vaccination dosage schedule:

Havrix Monodose: Primary immunisation for adults consists of a single dose given intramuscularly. This provides anti-HAV antibodies for at least one year. This vaccine confers protection against Hepatitis A within 2-4 weeks. Not recommended for children under 15 years.

Havrix Junior Monodose: Primary immunisation for children aged 1 - 15 years, consisting of a single dose given intramuscularly. This provides anti-HAV antibodies for at least one year. This vaccine confers protection against Hepatitis A within 2-4 weeks.

The vaccine is particularly indicated for those at increased risk of infection or transmission. It is also indicated for use during outbreaks of Hepatitis A infection.

Price Per Dose (March 2017): £40

Number of doses needed: One dose for most people

Hepatitis B

Hepatitis B is a severe infection of the liver, caused by a blood-borne virus. It is usually spread through contaminated blood via sexual intercourse, needle sharing, blood transfusions and injections. The virus can also be passed from a mother to baby. Tattooing, body piercing and acupuncture are other ways in which the virus may be spread.

The symptoms of Hepatitis B can be more serious but similar to other hepatitis infections. Symptoms include mild fever, gastrointestinal upset, nausea/vomiting, diarrhoea and abdominal pain. Jaundice (characterised by a yellowing of the skin and eye whites) may also occur. However most people do not experience many initial symptoms at all, this may be true of chronic sufferers. It can take between 40 and 160 days for any symptoms to show after exposure to the virus.

The illness usually lasts for about six months. The virus can persist for more than six months in individuals who become chronically infected with Hepatitis B. These individuals may be referred to as carriers. Up to a quarter of individuals who are carriers have progressive liver disease which can cause cirrhosis and cancers of the liver. The disease is more common in east Asia and sub-Saharan Africa and the World Health Organisation estimates that Hepatitis B causes 600,000 worldwide deaths each year.

Vaccination dosage schedule:

Engerix B: is indicated for active immunisation against Hepatitis B virus infection (HBV) caused by all known subtypes in non immune subjects. A dosage at 0, 1 & 6 months schedule which gives optimal protection at month 7 and produces high antibody concentrations.

Price Per Dose (March 2017): £30

Number of doses needed: 3

Japanese Encephalitis

Japanese Encephalitis (JE) is a viral related mosquito-borne disease spread by the flavivirus. The culex mosquito bites the host and infects them with the virus. They are mainly found in rural areas where rice and pig farming is popular. This leads to a serious swelling of the brain, known as Encephalitis, eventually resulting to death.

Geographical and seasonal patterns affect the spread of disease annually. The number of infection cases increase mainly after the monsoon seasons, when mosquitoes are more active (especially in the South-East Asia region, the Pacific Islands and the Far East). The disease is not passed on from person to person.

The cycle of incubation usually is around 5-15 days. Approximately 20-30% of infection cases will result in death and 30-50% of infection cases will end up having permanent neurological damage. Even if you have been vaccinated against the disease, you should still take other precautions against biting mosquitoes such as mosquito nets and insect repellents.

Classical symptoms include:

Most symptoms can vary from flu-like symptoms, a high fever, headache, convulsions, neck stiffness, nausea/ vomiting, muscle pain, meningitis and encephalitis.

Vaccination dosage schedule:

Ixiaro: The primary vaccination series consists of two separate doses of 0.5 ml each, according to the following schedule: First dose at Day 0. Second dose: 28 days after first dose. Primary immunisation should be completed at least one week prior to potential exposure to Japanese encephalitis virus

Price Per Dose (March 2017): £85

Number of doses needed: 2

Meningitis ACWY

Meningococcal meningitis is caused by Gram-negative bacteria known as Neisseria meningitidis. The disease is a systemic infection classified into 13 sub-groups, of which B, C, W135 and Y are most common in the UK. The transmission of disease is passed on by inhaling air droplets through sneezing, coming into contact with respiratory secretions and coughing.

The bacteria are located in healthy individuals in the nasal area and are usually reside harmlessly there. Globally, the highest occurrence of the disease is across the 'meningitis belt' of sub-Saharan Africa & Saudi Arabia usually in the dry season (Dec-June). Other countries vary depending upon seasonal changes.

Classical symptoms include:

Meningitis symptoms present with a sudden onset of fever, throbbing headache, nausea and vomiting, neck stiffness and photophobia. These symptoms last couple of minutes to hours. If present, seek medical advice immediately. The period of incubation is approximately 2-7 days. The appearance of the rash may be not visible but as the infection develops, the rash becomes more purplish in colour and may not blanch. A simple test known as the 'glass-test' can confirm if the rash is persistent when gentle pressure is applied.

Vaccination dosage schedule:

Menveo: This vaccination should be administered as a single dose (0.5 ml) in children from 2 years of age. To ensure optimal antibody levels against all vaccine serogroups, the primary vaccination schedule with Menveo should be completed one month prior to risk of exposure. The safety and efficacy of Menveo in children under 2 years of age has not yet been established.

Nimenrix: A single 0.5 ml dose of the reconstituted vaccine is used for immunisation. A booster vaccination may be given in subjects who have previously been vaccinated with a plain polysaccharide meningococcal vaccine. The safety and efficacy of Nimenrix in children under 12 months of age has not yet been established.

Price Per Dose (March 2017): £50

Number of doses needed: 1

Rabies

Rabies is a serious disease caused by a virus which inflames the brain and spinal cord. The infection is spread by a bite or scratch (or lick to broken skin or the eye) from an infected animal, usually a dog but can be a cat, bat or monkey. Infection is usually passed from body fluids of infected animals such as saliva and blood into open wounds. Incubation of the virus is usually between 3 to 12 weeks but may take as long as 19 years to develop. Most patients will develop symptoms within 1 year of being exposed to the virus.

Classical early symptoms include: Pins and Needles type feeling around the wound site, fever, headache and generally feeling out of sorts. This is followed by a dislike of water, extreme behaviour and hallucinations which will progress to paralysis, coma and death. The infection is almost always fatal and there is no treatment once symptoms start to develop.

Worldwide, there are 55,000 deaths per year due to Rabies, most commonly in developing countries such as Africa and Asia.

Vaccination dosage schedule:

Rabies Vaccine BP: Administer by intramuscular injection. The vaccine should be administered into the deltoid region. One injection given each day on days 0, 7 and 28. The earliest day that the 3rd dose can be given to achieve effective immune status is day 21.

Rabipur: In previously unvaccinated persons, an initial course of pre-exposure prophylaxis consists of three doses administered on days 0, 7 and 21 or 28. The recommended single intramuscular dose is 1 ml in all age groups.

Price Per Dose (March 2017): £50

Number of doses needed: 3

Diphtheria Tetanus and Polio

Tetanus is a disease that affecting your central nervous system. It is caused by toxin produced by the bacteria *Clostridium tetani* that is found in soil, house dust and manure. The disease gets into the body through open cuts and wounds that have been contaminated with infected soil.

Tetanus infection spreads through the bloodstream eventually causing serious damage to your nervous system. Early symptoms include stiffness of the jaw muscles (Hence the disease was once known as Lockjaw), difficulties swallowing and muscle spasms. The disease can then spread to affect more muscles in the body, including the muscles that help you breath. This can cause difficulties with breathing and death can occur due to a lack of oxygen.

Tetanus can be found in countries throughout the world, and vaccinations should be considered if you are travelling to areas where medical attention may not be available.

Vaccination dosage schedule:

Tetanus: Children normally receive this vaccination (along with diphtheria and polio) within the UK as part of the national program. However a single dose booster every 10 years is recommended, especially if travellers are heading to areas where tetanus, diphtheria or polio are at a high risk.

Price Per Dose (March 2017): £30

Number of doses needed: 1

Tick Borne Encephalitis

Tick Borne Encephalitis is a viral disease spread by infected tick bites. The ticks live in undergrowth and long grass and attach themselves to humans as you brush past them. The infection is passed into the blood stream from their infected saliva when they bite you.

As the ticks are also carried by goats, sheep and cattle, the infection can also be caught by eating or drinking unpasteurised dairy products from infected animals. Other carriers of the ticks include mice and small birds. The ticks are most active from April to October.

The symptoms of the disease usually appear between 4 and 28 days after an infected bite and include Nausea and Vomiting, Tiredness, Sore Muscles, Fever,

Headache and Flu like symptoms. These can last between 1 and 8 days but usually a full recovery is then made.

However, in a small percentage of cases, a further set of symptoms may occur up to 20 days after the 1st illness causing brain swelling (Encephalitis) or Meningitis, Paralysis which may be permanent or even death. The TBE virus is mainly found in eastern Russia and East Asia, particularly forested regions of China and Japan.

There is no treatment for the disease.

Vaccination dosage schedule:

Ticovac: The primary vaccination schedule is the same for all persons from the age of 16 onwards and consists of three doses of Ticovac 0.5 ml. The first and second dose should be given at a 1 to 3 month interval. If there is a need to achieve an immune response rapidly, the second dose may be given two weeks after the first dose. After the first two doses sufficient protection for the ongoing tick season is to be expected. The third dose should be given 5 to 12 months after the second vaccination. After the third dose protection is expected to last for at least 3 years.

Ticovac Junior: Ticovac Junior 0.25 ml is indicated for the active immunization of children aged from 1 year to 15 years. The first and second dose should be given at a 1 to 3 month interval. If there is a need to achieve an immune response rapidly, the second dose may be given two weeks after the first dose. After the first two doses a sufficient protection for the ongoing tick season is to be expected. The third dose should be given 5 to 12 months after the second vaccination. After the third dose protection is expected to last for at least 3 years.

Price Per Dose (March 2017): £60

Number of doses needed: 3

Typhoid

Typhoid is a bacterial infection caused by a bacteria called *Salmonella enterica*. It is usually acquired by eating or drinking food or water contaminated by faeces and occasionally the urine of persons acutely ill with typhoid or those who carry the bacteria but may not show symptoms themselves. The disease is commonly found in parts of the world with poor sanitation and hygiene. The high risk areas include Africa, India, the Middle East, South America and South/South-east Asia.

Classic symptoms (which usually appear within 7-14 days) include: Mild fever, diarrhoea, stomach pains, muscle pain, headache and nausea. Increase in the size of the liver and/or spleen happens in 50% of cases.

Severe symptoms may be seen in 10 to 15% of cases and are more likely in untreated cases. These include bleeding from the intestines and perforation, heart muscle infection, pneumonia, seizures, infection of the brain, and meningitis (usually in young children).

Death from Typhoid is less than 1% with prompt antibiotic therapy, but may be as high as 20% if left untreated.

Vaccination dosage schedule:

Vivotif capsules: In children aged 6 years and above, adults and elderly, 1 capsule is to be taken on day 1. The second capsule should be taken on day 3 and the third capsule on day 5. All capsules must be taken in order to obtain optimal immune response. Safety and efficacy have not been established in children under 6 years of age.

Typherix: A single dose of 0.5 ml is recommended for both adults and children two years of age and older. The vaccine should be administered at least two weeks prior to risk of exposure to typhoid fever.

Price Per Dose (March 2017): £30

Number of doses needed: 1