

# Travel Health Services FAQs

## 1. When should I book my appointment?

Appointments should be had 4–6 weeks prior to travel departure. It's never too early to see us about your travel health needs and some vaccination series take longer than a month to complete. When you know your travel itinerary simply download and complete our [Travel Health Questionnaire](#).

## 2. Do I have to complete a Travel Health Questionnaire?

All individual travellers need to complete a separate questionnaire. Type your answers directly into the document and save a separate file for each traveller. Email to The Doctors medical centre you selected at least 3 days before you need an appointment. The medical centre will contact you to arrange the appointment.

## 3. How do I book a Travel Health appointment?

Go to [www.thedoctors.co.nz/Services/Travel-Health-Services](http://www.thedoctors.co.nz/Services/Travel-Health-Services) for all information. Select the medical centre nearest you for your appointment. Once you have sent them your travel questionnaire(s) for assessment the medical centre will contact you to arrange a face-to-face or virtual appointment, depending on your needs.

## 4. What should I bring to the appointment?

If you are **enrolled with the practice**: we will have your health information on file so just bring your itinerary outlining the areas you are visiting, type of accommodation, activities and a list of your current medications.

If you are **not enrolled with the practice**: bring your full itinerary, a list of your current medications, any travel vaccinations you have had previously as well as when your last tetanus booster was.

## 5. What happens at the appointment?

We will discuss the vaccinations and agree on what is best for you, then administer them. We also discuss all other potential health, safety and wellness issues relevant to your trip and provide you with prescriptions if required e.g. malaria prevention, general upsets like traveller's diarrhoea, motion sickness and more. If you need additional doses of a vaccine e.g. rabies, you'll require another visit but only pay the cost of the vaccines, not another consultation charge.

## 6. What if I can't remember what vaccinations I've had in the past?

Immunity to some vaccines can last for many years. It's helpful to know what you've had to determine if you need additional vaccine or just a booster. The more information you have could save you extra cost and time.

## 7. How long is the appointment?

Travel Health consultations are normally 45 minutes per person.

## 8. How much will it cost?

For a full list of our charges and vaccines please see our [Travel Health Price List](#). There are additional charges for each additional family member and each vaccination will also have a separate charge. Full payment is required on the day of consultation.

### 9. Can I just phone the practice to find out what I need?

The advice and vaccinations we recommend is determined by all aspects of your itinerary and medical history. Many factors are considered so it's not as simple as listing vaccines. Our service also includes advice on:

- Risks and latest health alert updates for the destination areas
- Safety and security issues
- Food and water safety
- Food and vector borne diseases
- Antimalarial information
- Travel insurance
- Transportation, e.g. In flight safety
- Travel related first aid advice
- Medical kit
- Altitude sickness (AMS)
- Advice related to your current health and wellness issues
- Children's and women's health issues where appropriate

### 10. How many doses of vaccines do I need?

Some vaccinations need more than one dose. Rabies usually requires 3 injections. The second one is a week after the first and the third between 21 and 28 days after the first. The 2 doses of Japanese Encephalitis vaccine are usually given 28 days between dose, but the interval can be shortened.

### 11. How long do vaccinations last?

The table below outlines the usual approximate duration of protection once the vaccination course is complete. For some vaccines, the duration of protection is uncertain:

Vaccination Type	Protection Duration
Chicken Pox	10 years (possibly life)
Cholera (oral vaccine)	2 years
Diphtheria	10 years
Flu vaccine (Fluvax)	1 year
Hepatitis A (Vaqta / Havrix/Twinrix)	20 years (possibly longer)
Hepatitis B (HBVax II/Engerix B/Twinrix)	Life
Japanese B Encephalitis	3 years
Measles, Mumps, Rubella	15 years (possibly life)
Meningitis (Menomune/Mencevax)	1-3 years
Pneumonia (Pneumovax)	5 years (possibly life)
Polio (Sabin)	10 years (possibly life)
Polio (IPV)	10 years (possibly life)
Rabies (pre exposure)	10 years (possibly life)
Tetanus	10 years
Typhoid	3 years
Yellow Fever	10 years
Meningitis (Menomune/Mencevax)	1-3 years
Pneumonia (Pneumovax)	5 years (possibly life)
Polio (Sabin)	10 years (possibly life)

### 12. Are there any side effects?

Most people can work, drive a car, play sport or go to the gym following vaccinations. We do recommend on the day to 'take it easy' but modern vaccines cause less problems. Any vaccine can cause rare and less common reactions. Each recommended vaccine, its benefits and possible side effects, will be discussed with you at your initial consultation.

[Click here for our Travel Health Services Brochure](#)

