



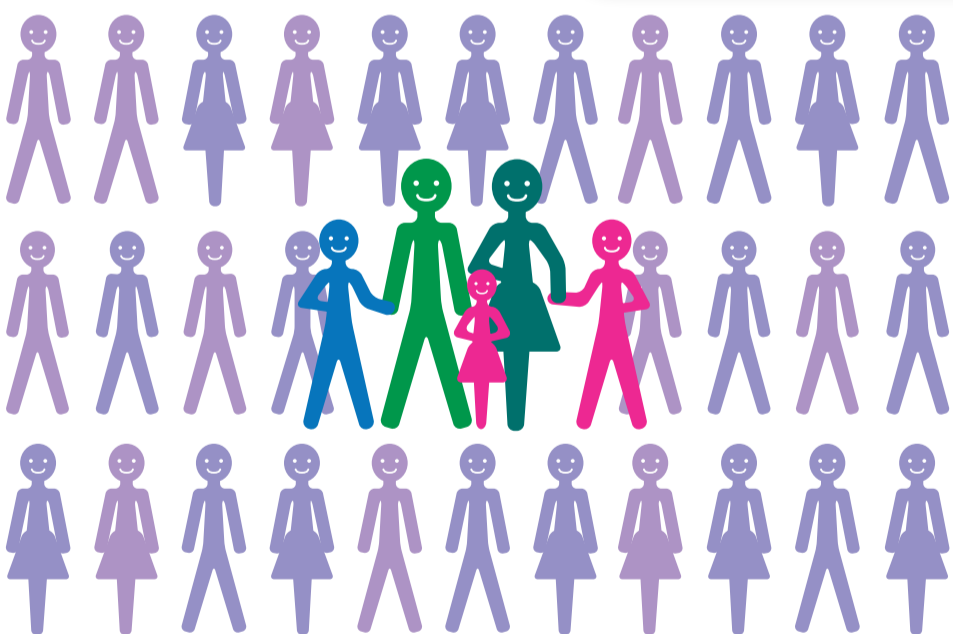
Travelling abroad?

Make sure you don't bring back any unwanted souvenirs

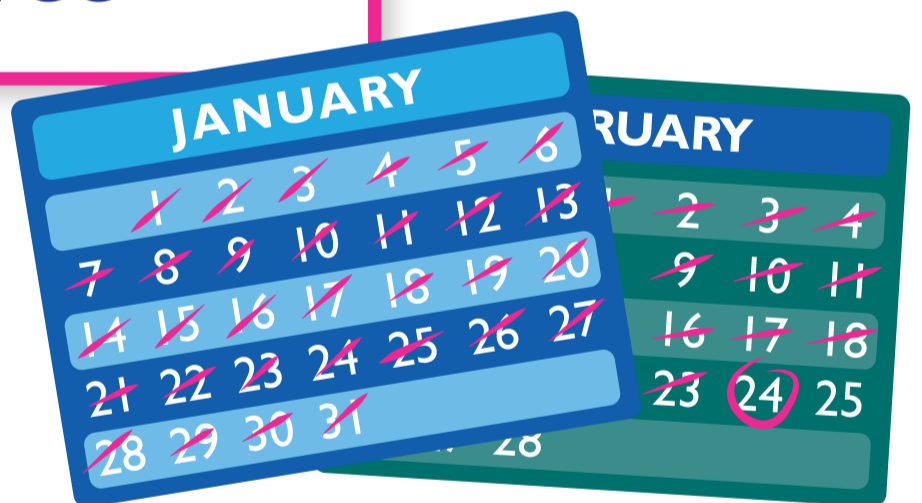


Your GP provides travel health advice and some vaccines free

Infectious diseases caught abroad can be serious and may cause long-term health problems



Protect yourself, your family and the wider community



Contact your GP Practice at least 6-8 weeks before you go



Free destination specific advice is available at:
www.fitfortravel.nhs.uk

