

**Travel Consult Questionnaire (Version: 06/01/2023)**

**Name:** \_\_\_\_\_ **DOB:** / / **Age:** \_\_\_\_\_ **NHI:** \_\_\_\_\_  
**Email:** \_\_\_\_\_ **GP if not Doctors on Riccarton** \_\_\_\_\_ **Date:** \_\_\_\_\_

Your Trip			
<b>Departure Date:</b>		<b>Length of Trip:</b>	
<b>What is the main reason for your travel? please circle your answer(s)</b>			
Work/Business Holiday	Visit friends or family Volunteering	Study HealthCare Work	School Trip Other
<b>Who are you travelling with? please circle your answer(s)</b>			
Solo	Partner	Friends/Family	Group
<b>What style of holiday is it? please circle your answer(s)</b>			
Independent Organised Tour	Backpacking Camping	Cruise	Trekking
<b>What type of accommodation will you be staying in? please circle your answer(s)</b>			
Hotel/Motel Budge/Hostel	Backpackers Camping	Private Home/Airbnb Other	Urban/City/Rural Jungle/Rain Forest
<b>Do you plan to do any of these activities? please circle your answer(s)</b>			
Water Sports Winter Sports	Cruise Scuba Diving	Climbing Working with Animals	Travel to remote areas High Altitude Other
Your Itinerary			
Country/City	Main Destinations		Length of Stay
Your Health			
Please list any significant or long-term health conditions.			
Please list ALL medications that you are currently taking.			
Do you have any allergies? (please specify)			
Do you have a personal or family history of blood clots/Deep vein thrombosis (DVT) or Pulmonary embolism (PE)?			
Women only: Are you pregnant or planning to become pregnant travelling or within 3 months of your return?			
Would you like to discuss contraception or Sexually Transmitted Diseases (STD) prevention to be used during your trip?			
Are you currently unwell in any way? Suffering from an injury?			

Your Previous Vaccinations + Recommended Vaccinations (nurse fee included)						
Vaccine/Antigen	Given previously	Doses given	Given or previous infection dates	To have	Schedule	Price (each dose)
<i>Y: Yes. N: No. U: Unknown. I: Infection previously. Price as on 23rd Dec 2022, could be subject to change.</i>						
Diphtheria/Tetanus/Pertussis (DTaP)	Y/N/U/I				1 booster dose if vaccinated previously	\$78
Dukoral (traveller diarrhoea)	Y/N/U/I				2 doses for over 6yrs, 3 doses for 2-6yrs, 1wk apart	\$106
Hepatitis B (HepB)	Y/N/U/I				3 doses 0, 1, 6 months	\$68
Human Papillomavirus (HPV)	Y/N/U/I				3 doses 0, 2, 6 months	\$281
Hepatitis A (HepA)	Y/N/U/I				2 doses 0, 6-12 months	Over 16yrs \$128, 1-15yrs \$88
Japanese Encephalitis (JE)	Y/N/U/I				2 doses 0, 1 month	\$213
Meningitis B and/or ACYW	Y/N/U/I				refer to the nurse to confirm the schedule & price	
Pneumococcal Vaccine (PCV)	Y/N/U/I				1-4 doses depending on age	PPV23 \$128, PCV13 \$283
Polio	Y/N/U/I				1 booster dose if vaccinated previously	\$116
Measles/Mumps/Rubella (MMR)	Y/N/U/I				2 doses 0, 1 month	\$71
Rabies	Y/N/U/I				2-3 doses intramuscular or intradermal, Day 1, 7 & 21/28. Refer to Dr for details	\$196
Yellow Fever ( <i>Compulsory for your destination?</i> )	Y/N/U/I				1 dose, 10 days before travelling	\$173
Typhoid	Y/N/U/I				1 dose, then 3 yearly for those at risk	\$118
Flu vaccine (FV)	Y/N/U/I				1 dose yearly	\$35
COVID vaccine	Y/N/U/I				Free. Book online <a href="https://bookmyvaccine.covid.health.nz/">https://bookmyvaccine.covid.health.nz/</a>	
Varicella (Chickenpox)	Y/N/U/I				2 doses 0, 6 weeks	\$107
Shingles (Zoster)	Y/N/U/I				2 doses 0, 2-6 months	\$397
Hepatitis A and Typhoid vaccines can be given as a combined vaccine (Vivaxim) for 16 years and older						\$223

I confirm that I have been advised of the costs for the Doctor's travel consultation and recommended vaccines. I agree to make the required payment first before receiving any recommended vaccines.

Name:

Signature: \_\_\_\_\_

Date:

## Travel Advice

### Websites with a wide range of resources and advice for travelling overseas

1. SafeTravel: <https://www.safetravel.govt.nz/> provides official advice for New Zealanders living and travelling overseas.
2. [Travel advice by destination](https://www.safetravel.govt.nz/travel-advisories-destination): <https://www.safetravel.govt.nz/travel-advisories-destination> A great place to search for travel information about your specific destination/s.
3. Centres for Disease Control and Prevention (CDC - USA): <http://wwwnc.cdc.gov/travel> provides information on travel vaccines, medicines and advice.
4. COVID and International Travel: <https://www.safetravel.govt.nz/covid-19>

### Brief General Advice:

1. Check the latest travel advice and health precautions for your destination. You can find this on the SafeTravel website.
2. Check for any pre-departure and arrival COVID testing, vaccine certificate or document requirement for your destination.
3. Check visa and passport are correct and up-to-date. Take out Travel Insurance. Your policy should cover any activities you plan to undertake (from scuba diving to scooter riding), personal liability, medical treatment, emergency medical evacuation, and any pre-existing medical conditions. Even minor medical treatment can be very expensive overseas. Scan or photograph and email copy to yourself in case the original documents are lost.
4. Keep in contact with family and friends, and register your travel and contact details through SafeTravel in case of an emergency while you are overseas, e.g. extreme weather or major civil unrest.
5. See Dr/travel clinic at least 6 - 8 weeks before departure for travel medication and vaccination advice.
6. Ensure you have enough medication for the length of your trip and keep it in its original packaging. A medical certificate showing your prescribed medications may be required by Customs Officials in some countries. Check that your medication is available at your destination in case you lose it.
7. Prepare a medical kit for all destinations. It should include basic medicines to treat common ailments and first-aid items.
8. Ways to prevent traveler's diarrhoea and vomiting. Cook it, Boil it, Skin it or Forget it. If unsure of hygiene standards, only drink well-sealed bottled or packaged drinks. Boil drinking water or use water purification tablets if its quality is doubtful. Avoid ice in your drinks. Dukoral can help to prevent traveler's diarrhoea. Ask your Dr or nurse about this at your travel consult.
9. Mosquitos can ruin a holiday. Use insect repellent, long-sleeve and light-coloured clothing, and exercise general prevention. Cover and Treat infected bites early. Take antimalarials as charted if at risk.
10. Rabies is a vaccine-preventable, zoonotic, viral disease. Once clinical symptoms appear, rabies is virtually 100% fatal. Consider pre-exposure Rabies vaccine if you could have contact with animals, especially wild animals. If you get bitten, seek treatment and post-exposure prophylaxis immediately if unvaccinated. If you are previously vaccinated, you may have a slightly longer window period to seek treatment and may not need Human Rabies Immunoglobulin (HRIG) (HRIG may not be available in some countries).
11. Beware any risk just as in own country eg motorbikes, cycles, swimming, boats, helmets, life jackets. Swimming and alcohol don't mix.

*For detailed travel information and advice, please visit SafeTravel website. <https://www.safetravel.govt.nz/>*