



# 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](http://www.fitfortravel.nhs.uk)

