

IMMUNISATIONS

Your doctor or Practice Nurse will advise you about what immunisations you will need for this visit. You will need to contact your Practice Nurse early in 2011 to find out when you need to have your immunisations. You will need to tell him/her that you will be in Kenya and Tanzania for three weeks, starting in July 2011, and you will be camping out throughout that time.

For the 2009 Trip, the general advice was:

Each pupil will need:

- Diphtheria
- Tetanus
- Polio

(These are part of the routine school immunisation programme given in Year Ten, although pupils will need to check with their G.P. that they are up to date).

- Hepatitis A
- Typhoid

(Can be given as a combined vaccine)

- Meningitis

- T.B.

(BCG vaccine is part of the school immunisation programme, and was given in Year Seven, although pupils will need to check with their G.P. that they are up to date.)

- Hepatitis B

This is a course of three injections, plus a blood test, given over a period of time. They should be free.

- Yellow Fever

This normally costs about £40.00

- Malaria tablets

There are three options:

Doxycycline. The possible side effects are skin sensitivity to sunlight.

Larium. The possible side effects are vivid dreams/hallucinations. The advantage of Larium is that you only need to take one per week.

Malorone. This is a relatively new drug, with few side effects, although it is more

expensive than the other options.

Your G.P. will offer advice on which is more suitable, and will have to write out a prescription. Pupils will have to pay for whichever tablets they choose, although I have arranged a discount price for everybody with a chemist - further details will follow.