

Travelling abroad? Protect your health and check www.fitfortravel.nhs.uk. You'll get all the information you need, including details of any vaccines required.

If you need travel vaccinations, you can get these from a network of pharmacists in Grampian. Information on your nearest participating pharmacist is available on www.grampianvax.com/travel-vaccination/

Some travel vaccinations are free on the NHS - diphtheria, tetanus, polio, typhoid, hepatitis A, cholera - but you must make an appointment SIX weeks before you travel to be eligible. Other travel vaccinations will come with a fee; the pharmacist will let you know what this is.

