



## **Health Advice**

Before you travel you should take advice about your specific needs as early as possible.

The Foreign and Commonwealth Travel Advice Unit has up-to-date information for most destinations - visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) select the destination you require and click on 'health'.

Further travel health advice can be found on <https://travelhealthpro.org.uk/countries> and [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk).

### **Vaccinations:**

You should consider having any vaccinations at least 6 weeks before you travel as some take time to have effect.

For more information on vaccinations visit the National Travel Health Network Centre <http://nathnac.net>

### **Health Insurance Card (EHIC):**

If you are visiting a European Union (EU) country it is recommended that you should apply for a free European Health Insurance Card (EHIC) and take it with you when you travel. You can obtain an application form from a main Post Office or you can apply online. Some travel insurance policies require you to obtain an EHIC card – please check before you travel