

Frequently Asked Questions

What vaccines do I need?

If you are thinking about planning a holiday you can check the destination button on our website which will recommend the vaccines and anti-malarial tablets for that destination.

When should I have my vaccines?

At least four to six weeks before you go. This gives you time to check that your routine UK vaccines are up to date and get any recommended travel vaccines and malaria tablets.

What if I'm going on a last minute holiday?

It's not too late - vaccines can be given at short notice and malaria tablets (if needed) can be started the day you go.

What is Malaria?

Malaria is a tropical and possibly fatal disease that is transmitted by the female Anopheles mosquito. People will generally experience flu like symptoms such as headache, shivers, sweats, aches and pains in addition to other symptoms such as diarrhoea. Symptoms can take 12 months (or even longer) to develop. Malaria can be fatal if left untreated so anyone who has been in an area where there is a Malaria risk and is displaying these symptoms should seek medical help straight away.

Where in the world is Malaria?

Much of Africa, South America, South East Asia and India are malaria regions. In fact there are around 100 countries thought to have a risk of malaria. If you are unsure if your travel destination has a risk of malaria it is important to find this out prior to your trip.

Am I at risk of Malaria?

Anyone travelling to an area infected by malaria can catch it. This includes people returning to their home country to visit friends and relatives. The best way to prevent catching malaria is to make sure you have taken appropriate bite avoidance measures and medication if required.

Insert Bite Avoidance:

Not only is malaria transmitted by mosquitos, in many tropical countries, mosquitoes can spread other diseases such as dengue, chikungunya, West Nile, Malaria, Yellow Fever and Zika.

Key facts for mosquito bite avoidance:

- Bite avoidance at all times including during the day, is important
 - cover up
 - use repellents
 - use nets
- Mosquitoes which transmit Zika, dengue and chikungunya infections bite predominantly during the daytime and at dusk.
- Mosquitoes which transmit malaria bite predominantly in the evening and at night.