

Immunisation & Anti-Malarial Information (as at 2/1/23)

Recommended (arrange through your GP – or Travel Health Centre):

Hepatitis A – Cover lasts for 1-2 years with single dose or 25 years with a second dose (the licences are changing on this vaccine so may be lifelong in future). Hepatitis A can be given in combination with Hepatitis B or in combination with Typhoid and your GP may offer this. Hepatitis A vaccination is currently free from GP.

Typhoid – Cover lasts for 3 years. Free from GP.

Diphtheria / Tetanus / Polio - Most people under 25 should have had 5 doses in lifetime and be covered (5th dose should be given in year 9 at school). For those over 25 if no booster in last 10 years, or if not had 5 doses in lifetime then booster advisable – free from GP.

Meningitis ACWY - This is now part of the schedule at school in year 9, since 2015 so people aged 14-22 should be covered, and GPs should have offered to everyone under 25 years – please check with your GP. Should be free to under 25's if not received. Booster for travel 5 years after a dose – particularly as immunity may decline for the A sub-type – boosters may not be free for travel purposes, or over 25s.

MMR (measles/mumps/rubella) - Most people under 25 years should have had 2 doses of this vaccine or the individual elements – please check with your GP.

Yellow Fever – from registered travel health centre (Boots at Romford or Lakeside can do with booking), cost is about £65-70 you will be given certificate, cover is now lifelong.

COVID-19 – All participants should be up to date with UK schedule for COVID-19 immunisation. At present this will be between 2-4 doses.

Optional (individuals to review):

Rabies – 3 doses at 0, 7 and 28 days – vaccinations don't provide complete protection and post-exposure management required – low risk as short visit and animal handling not expected / not encouraged.

Hepatitis B – 3 doses at 0,1 and 6 months (can travel after 2 doses if required) – only risk if from contact with bodily fluids (blood or sexual exposure) and from unsterile medical or dental practice. GP's may offer in combination with Hepatitis A.

**Gambia and Hornchurch
International Scout Project**
13 Sunnyside Gardens
Upminster
Essex
RM14 3DT

07715234120
adamwoodgate76@gmail.com
www.ghisp.org.uk
Gambia long-term project

Not recommended - Cholera – if there is a cholera outbreak we will not travel due to the risk (we will check this in the weeks before travel),

Anti-Malarials

Malarone or non-branded equivalent (Proguanil 100mg + Atovaquone 250mg) (over 40kg – 1 tablet every day, start 2 days before travel and continue 7 days on return) – (£25 – this will be covered on budget). Alternatives are Mefloquine (Larium) or Doxycycline for anyone who cannot tolerate Malarone – will be reviewed at pre-trip health review.

Comments on current vaccine availability from Debbie Carter – former Hornchurch Scout District Commissioner and Practice Nurse with Travel Vaccine expertise (as of date above)

Adult Hepatitis A is available and most GP's should have stock. There was a supply issue but this was due to be corrected by Spring 2023. Our surgery has stock as we have a monthly standing order so hopefully all GPs have or will have stock soon.

Paediatric Hepatitis A (for under 16yrs) has only just come back into stock after a year, and is being rationed so if any younger participants are requiring this, I recommend they start the process as can then get the 2 doses administered prior to travel.

Hepatitis B, very few GPs now stock Ambrix (Hep A&B combined) but will administer Hep B privately and stock of both adult and paediatric is currently available.

Typhoid, there are presently no stock issues and as only lasts 3 years, I suggest leaving until just before travel. If I hear of any potential supply issues I will alert you so you can advise the participants to get it administered.

MMR, there is a big push on all ages to vaccinate with 2 doses of MMR and is available on NHS. This is due to increased cases both here and abroad so should be addressed when the participants attend their GP. There needs to be a month gap between MMR and administration of Yellow Fever vaccines and administering 2 live vaccines on the same day is now being discouraged.

Yellow Fever, as this is now lifelong I suggest the participants get this administered sooner rather than later as this is the one the travellers often have most issues obtaining and when it becomes scarce, the price rises. Besides Boots, Superdrug at Lakeside and Lloyds Pharmacy inside Sainsburys in Brentwood, also run travel clinics.

Rabies, no stock issues if participants wish to have this vaccine.