

### Letter from Occupational Health Service

Dear \_\_\_\_\_

If you will be travelling overseas because of your work or studies at the University of Melbourne, it is advisable to make sure that your immunisations are up to date.

There are certain immunisations that most people will have had as a child, probably with booster doses at school, for example whooping cough, diphtheria and tetanus. While diphtheria is now virtually unknown in Australia it is very prevalent in parts of Eastern Europe so maintaining adequate protection is important for travellers. There are very effective and safe vaccines now available for Hepatitis A and B and certainly Hepatitis A is recommended for all travellers.

There are no hard and fast rules about what is needed. A lot depends on where and how you will be travelling, for how long you will be in high risk areas, the time of year and your own health. New vaccines and new preventative medications are constantly being researched so recommendations change.

Could you please complete the immunisation checklist below and return it to the Occupational Health Nurse.

If possible you should plan your immunisations well in advance so that you do not have a last minute rush to fit everything in. However it is important to discuss your needs with the University Health Service or your own doctor at least 6 weeks before your expected departure date as some live vaccines cannot be given with other medications or vaccines.

Please call the Occupational Health Nurse on 8344 6904 if you have any queries.

Occupational Health Service

Elizabeth O'Donoghue RN  
Occupational Health Nurse

A/Prof P Hegarty MB BS, FRACGP  
Director

*This information is to be used in conjunction with the Environment Health and Safety Manual Section 7.1 Off Campus Guidelines.*

## Travel Immunisation Questionnaire

Name: \_\_\_\_\_ Date of Intended Travel \_\_\_\_\_

Department: \_\_\_\_\_ Country of Intended Travel \_\_\_\_\_

Contact Ph: \_\_\_\_\_

Vaccine	Duration of Protection	Year of Last Dose
Diphtheria	10 years	
Hepatitis A (Gamma Globulin)	2 – 5 months	
Hepatitis A (Havrix / VAQTA)	20 years	
Hepatitis B	5 years	
Japanese B Encephalitis	3 years	
Measles	Life	
Measles, Mumps, Rubella	Life	
Meningococcal meningitis	3 years	
Mumps	Life	
Polio	10 years	
Rabies	2 years	
Rubella	Life	
Tetanus	10 years	
Typhoid (Capsules)	1 – 5 years	
Typhoid (Typhim / Typherix)	3 years	
Varicella (Chicken Pox)	Life	
Yellow Fever	10 years	
Other: _____		

Malarial Medication used in the past:

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Any adverse effects noted from previous Vaccinations:

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