

TRAVEL on the INTERNET!

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With increased use of the internet, travel health information is available in abundance. It's always wise to use well validated sites that keep their information updated regularly. Certain recommendations for appropriate vaccines are specific to the country of the origin, therefore for this information, it is wise to use UK based sites. Have fun!

Travel related internet sites

- **Fit for Travel** - an NHS site written at the Scottish Centre for Infection and Environmental Health www.fitfortravel.scot.nhs.uk
- **Department of Health**
www.dh.gov.uk/PolicyAndGuidance/HealthAdviceToTravellers/fs/en
- **Foreign and Commonwealth Office** www.fco.gov.uk/travel/
- **Department of Health Advice on Travel Related Deep Vein Thrombosis**
www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/BloodSafety/DVT/DVTArticle/fs/en?CONTENT_ID=4071438&chk=2OT7NG
- **Yellow Fever Centres in the UK**
<http://www.info.doh.gov.uk/doh/yellcode.nsf/pages/Home?open> or go to
- **National Travel Health Network and Centre** www.nathnac.org
- **Medical Advice Services for Travellers Abroad** www.masta.org
- **UK travel health site** developed by a nurse - www.travelhealth.co.uk
- **British Airways** for information pre and during flights, fear of flying courses, fitness to fly regulations etc.

http://www.britishairways.com/travel/travelwise/public/en_gb?source=RH_travelwise_en_gb

- **World Health Organisation** - www.who.int/ith/english/risks.htm
- **Centre for Disease Control** in Atlanta www.cdc.gov/travel/Index.htm

Travel Health Equipment

- **Homeway Medical** www.travelwithcare.com
- **Nomad Travellers Store** www.nomadtravel.co.uk
- **Safari Equipment** www.safariquip.co.uk

Other sites of interest

- Malaria awareness - www.malariahotspots.co.uk
- Lonely planet - www.lonelyplanet.com
- Travel Health Online - www.tripprep.com/index/html
- Tropical Medicine Bureau in Dublin - www.tmb.ie
- International Society of Travel Medicine - www.istm.org
- The Hospital for Tropical Diseases - www.thehtd.org
- Tropical Screening services - www.tropicalscreening.com
- Virgin services - www.fly.virgin.com
- The Fleet Street Travel Clinic - <http://www.fleetstreetclinic.co.uk>
- BBC travel site - <http://www.bbc.co.uk/holiday/traveltools/index.shtml>
- Gap Year site - www.gapyear.com
- Postcards for fun! - www.postcards.org