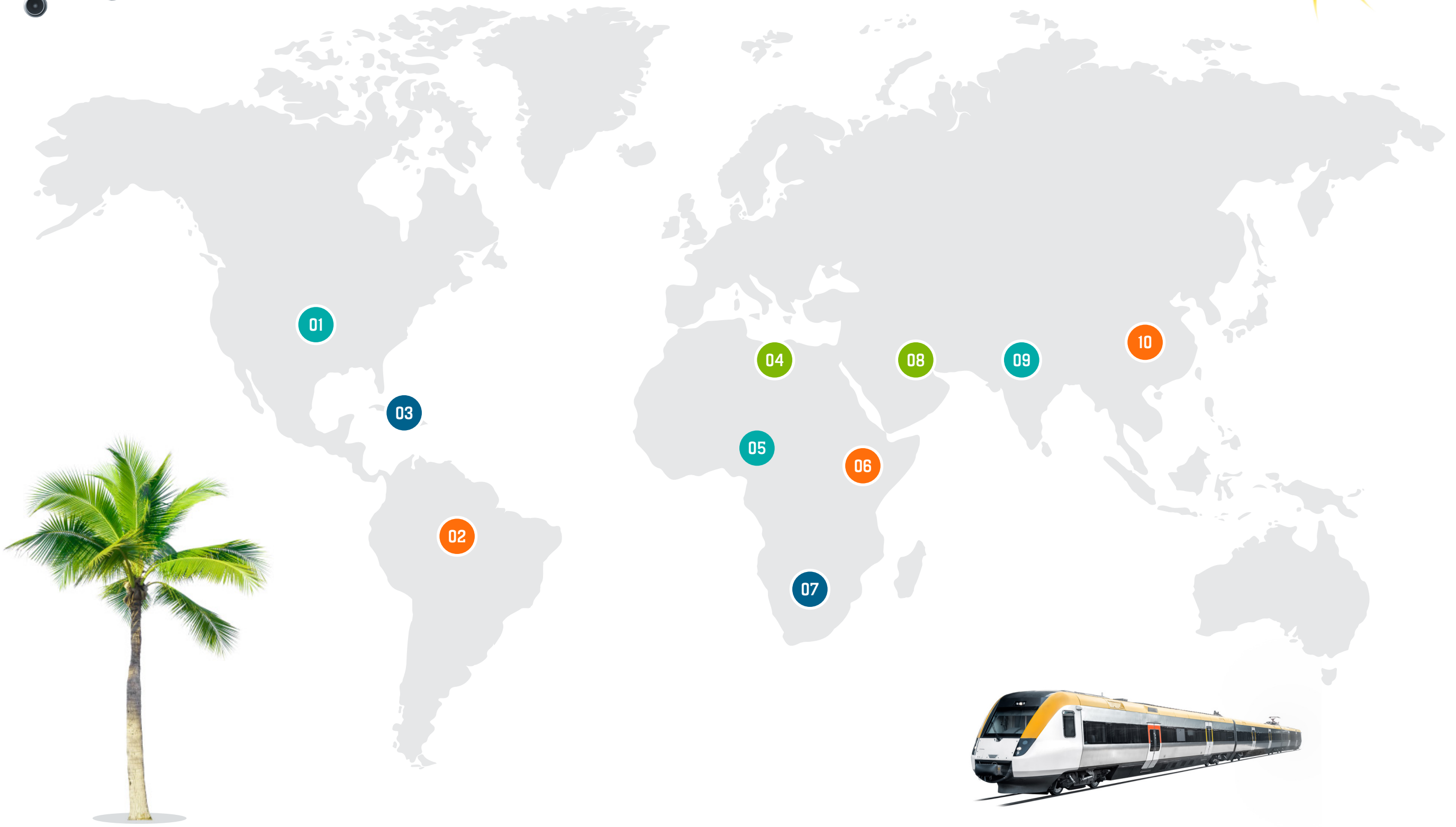




WHAT VACCINES DO YOU NEED TO TRAVEL?

samedaydoctor™
7 days a week



01 CENTRAL AMERICA

- Diphtheria
- Hepatitis A
- Hepatitis B
- Rabies Virus
- Tetanus
- Typhoid
- Yellow Fever

02 SOUTH AMERICA

- Diphtheria
- Hepatitis A
- Hepatitis B
- Rabies Virus
- Tetanus
- Typhoid
- Yellow Fever

03 CARIBBEAN

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Rabies Virus
- Tetanus
- Typhoid

04 NORTH AFRICA

- Hepatitis A
- Hepatitis B
- Rabies Virus
- Tetanus
- Typhoid

05 WEST & CENTRAL AFRICA

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Meningococcal Meningitis
- Poliomyelitis
- Rabies Virus
- Tetanus
- Typhoid
- Yellow Fever

06 EAST AFRICA

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Rabies Virus
- Tetanus
- Typhoid

07 SOUTHERN AFRICA

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Poliomyelitis
- Rabies Virus
- Tetanus
- Typhoid
- Yellow Fever

08 MIDDLE EAST

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Influenza
- Meningococcal Meningitis
- Poliomyelitis
- Rabies Virus
- Tetanus

09 EAST ASIA

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Japanese Encephalitis
- Rabies Virus
- Tetanus
- Typhoid

10 SOUTH EAST ASIA

- Cholera
- Diphtheria
- Hepatitis A
- Hepatitis B
- Japanese Encephalitis
- Rabies Virus
- Tetanus
- Typhoid

OUR TOP ADVICE

Malaria medication is recommended for many parts of the world, particularly hot climates where mosquitoes are prevalent, so check before you travel.

Although the average immune response will take around 7-21 days after being vaccinated, it is important to get vaccinated at least 4-6 weeks before you travel.

The most commonly recommended travel vaccines are against diphtheria, tetanus, polio, hepatitis A and typhoid, normally available in just 2 shots.

Check with your embassy or government website for up to date travel advice for your chosen destination to avoid running into issues.

Always make sure you travel with a current travel insurance policy which covers you for the activities you will be doing while travelling.

Another essential is to check if yellow fever vaccine and certificates are required because this can cause an issue at the border if you are not carrying the correct documentation.



ARE YOU TRAVEL READY?

- Passport
- Travel Tickets
- Travel Insurance
- Visa
- Money & Cards
- List of Emergency Contacts
- Medication
- Clothing
- Mobile Phone
- Electronics
- Chargers & Adapters
- Toiletries
- Toothbrush
- Sunscreen
- Hand Sanitiser



TOP 10 DESTINATIONS

- 01 Costa Rica
- 02 Uruguay
- 03 The Netherlands
- 04 Portugal
- 05 Croatia
- 06 Bulgaria
- 07 Sri Lanka
- 08 Japan
- 09 Zambia
- 10 Thailand