

# Travel Vaccination Advice

For Players

July 2024



**TENNIS**  
FOR BRITAIN

# TRAVEL IMMUNISATION ADVICE FOR UK-BASED ELITE ATHLETES

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## NATIONAL ROUTINE VACCINATION SCHEDULE

As an elite athlete, maintaining optimal health is crucial. Ensure you're up-to-date with the UK's routine vaccination schedule to protect yourself against common diseases. Below is the standard schedule:

### Infants and Children:

- **8 weeks:** DTaP/IPV/Hib/HepB (6-in-1), Rotavirus, MenB
- **12 weeks:** DTaP/IPV/Hib/HepB (6-in-1), Rotavirus, PCV (pneumococcal)
- **16 weeks:** DTaP/IPV/Hib/HepB (6-in-1), MenB
- **1 year:** Hib/MenC, MMR, PCV, MenB
- **2-10 years (annual):** Influenza

### Teenagers:

- **12-13 years:** HPV (2 doses 6-12 months apart)
- **14 years:** Td/IPV (3-in-1), MenACWY

### Adults:

- **65 years:** Pneumococcal (PPV)
- **70-79 years:** Shingles (Zostavax)

Ensure you keep your vaccinations up-to-date. Check with your GP if you're unsure about your immunisation status.

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## TRAVEL IMMUNISATION ADVICE

When traveling abroad, elite athletes should consider additional vaccinations based on their destination. Specific advice on vaccine recommendations by destination can be found here: [Home - Fit for Travel](#). Here are common vaccines recommended for travel, along with their booster or repeat intervals:

### GENERAL TRAVEL VACCINES:

- **Hepatitis A:**
  - Initial dose followed by a booster 6-12 months later.
  - Booster provides protection for at least 25 years.
- **Hepatitis B:**
  - Typically given as a series of 3 doses over 6 months.

- Booster doses are usually not needed for routine travel if the initial series is completed.
- **Typhoid:**
  - Injectable typhoid vaccine: booster every 2-3 years.
  - Oral typhoid vaccine: booster every 5 years.
- **Cholera:**
  - Oral vaccine provides protection for 2 years.
  - Booster dose may be recommended after 2 years if still at risk.
- **Rabies:**
  - Initial series of 3 doses over 28 days.
  - Booster recommended every 2-5 years if continuing risk.

## REGION-SPECIFIC VACCINES:

- **Yellow Fever:**
  - Single dose provides lifelong protection for most people.
  - Some countries may still require a booster every 10 years.
  - Many countries require proof of immunisation if required for entry.
- **Japanese Encephalitis:**
  - Primary series of 2 doses spaced 28 days apart.
  - Booster after 1-2 years if still at risk.
- **Tick-borne Encephalitis:**
  - Primary series of 3 doses over several months.
  - Booster recommended every 3-5 years depending on age and ongoing risk.
- **Meningococcal Meningitis:**
  - Single dose of the vaccine.
  - Booster every 5 years if still at risk.

## PRE-TRAVEL CONSIDERATIONS:

- **Consult a Travel Health Specialist:** At least 6-8 weeks before departure.
- **Carry a Vaccination Record:** Keep an up-to-date record of all vaccinations.
- **Stay Informed:** Monitor health advisories for your destination.

The LTA is not able to provide travel vaccines. These need to be attained through a vaccination/travel clinic or via your GP.

Here are some travel clinics which can provide advice and vaccinations:

- [CityDoc™ Travel Health & Vaccination Clinics](#)
- [Travel Vaccinations & Health Advice Service - Boots](#)
- [Travel Vaccination Clinic | Nomad Travel](#)

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## ADDITIONAL TIPS FOR ATHLETES

- **Avoid Insect Bites:** Use repellents, wear long sleeves, and sleep under nets if necessary.
- **Practice Good Hygiene:** Wash hands frequently and use hand sanitizers.

- **Be Cautious with Food and Water:** Only consume food and water from safe sources.

**Remember:** Some countries require proof of vaccination (e.g., Yellow Fever) upon entry. Check specific requirements well in advance of your trip.

Stay proactive about your health to ensure peak performance during your travels.

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For further information or to book a travel vaccination appointment, contact your local GP or a travel health clinic.