

## RRMC Safe Travel information.

Our Travel Safe Service includes assessment of your health needs, up to date travel information specific to your destination and activities, prescriptions for required medications, vaccination advice, administration, and documentation.

For all travellers an initial 30-minute Nurse appointment is required. The cost of this appointment is \$60. Additional travellers with the same itinerary will be charged at \$30 per person. Your personalised vaccine schedule will be organised at this time. If vaccinations are required additional costs **will** apply.

If you have complex medical conditions or are requiring a more detailed travel consultation you may be required to have your travel consultation with a doctor. The full cost for a 30 min doctor appointment would be \$160. Additional travellers with the same itinerary will be charged at \$60 /15 min appointment up to 1hr is at the same appointment (maximum 4 persons or 2 adults and 3 children)

If vaccinations are required additional costs **will** apply. We aim to administer the first dose of vaccinations at this appointment; however, vaccine stock limitations may result in another nurse appt being necessary. Some diseases require a series of vaccinations for optimal protection, so we encourage you to be seen as soon as your travel destinations are finalised.

Please note that all patients are required to remain at the Surgery for 20 minutes following vaccination, please allow time for this.

### To get started:

1. Fill out our **Pre-travel Checklist**. Please complete one form per person. This is available from Reception via email or on our website [www.richmondroadmedical.co.nz](http://www.richmondroadmedical.co.nz)
2. Return Pre-travel Checklist to the Surgery [admin@rrmc.nz](mailto:admin@rrmc.nz)

*We encourage you to return the form at least 3 working days prior to your appointment so we can best prepare for your specific needs.*

3. Following receipt of your form we will contact you, usually within 24 hours to book your Travel Nurse 30 minute appointment and an additional 15 minute appointment per traveller.

**We recommend all travellers register at Safe Travel - [www.safetravel.govt.nz](http://www.safetravel.govt.nz)**

This Government site will allow access to quick information and support from your nearest NZ Embassy in case of disaster.

**Additional Travel Resources we suggest you might want to review prior to your trip can be found:**

[www.cdc.gov/travel](http://www.cdc.gov/travel)

[www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

**Remember if you are feeling unwell after returning from your trip, please come in to see your doctor.**