

It's always recommended that you **discuss your vaccinations with your medical team**. Our information is for general guidance only, your specific condition may warrant a different approach.

We also recommend that you find out which **vaccinations are relevant for your destination** to ensure that you are adequately protected.

These vaccinations are generally considered to be safe - but please check with your medical team first:

- Diphtheria
- Hepatitis A
- Hepatitis B
- Immunoglobulins
- Influenza
- Meningococcus
- Pertussis
- Polio (inactivated)
- Pneumococcal
- Rabies
- Tetanus
- Typhoid (injection)

These "Live" vaccinations may not be safe - but again please take specialist advice:

- BCG
- Measles, Mumps and Rubella (MMR)
- Oral polio
- Oral typhoid
- Yellow fever
- Rubella

### **Malaria**

Malaria prophylaxis requirements will vary by country. We strongly recommend that you take specialist advice here from your medical team.