



MANAGEMENT FILE

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This leaflet is based on an article which first appeared in the ME Association's quarterly *ME Essential* magazine. MEA membership costs £18 a year for people living in the UK/BFPO. For contact details, see foot of this page.

the ME association

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Vaccinations & pre-travel health planning

GENERAL ADVICE ON VACCINES FOR OVERSEAS TRAVEL

Life is full of risks and there are plenty

completed at least two weeks before departure – in case side-effects occur. So you do need to consult your GP or travel clinic 6 to 8 weeks before travelling.

companies, that offer a full but fee-paying service.

Advice contained in travel company brochures, and from travel agents, about health requirements abroad can be