



Please complete the vaccination report in advance and bring the completed form to the nurse's appointment. We would like you to meet a nurse to prepare a long-distance traveller's vaccination plan two months before your trip.

PERSONAL INFORMATION	Name	Personal identity code
	Address	
TRAVEL DESTINATION AND DATE	Name and description of travel destination	
	Departure date	Total duration of trip
CURRENT DISEASES AND MEDICATION USED		
MEDICATION ALLERGIES	<input type="checkbox"/> No <input type="checkbox"/> Yes; what kind of allergy?	
EARLIER VACCINATIONS Please list all vaccinations you have received. If necessary, you can bring the vaccination certificate or a copy of it.	Name of vaccination	Year of vaccination (estimate)



What do you regard as the key health risks of this trip and how have you prepared or will you prepare for these?

Is there anything else you would like to say about your health or the trip?

Date	Vaccinated person's signature	Vaccinator's name, position and telephone number

INSTRUCTIONS

Traveller vaccination issues required outside Europe or North America will not be processed if the Long Distance Traveller's Vaccination Report form has not been completed and submitted in advance.
 The vaccination protection of persons travelling outside Europe or North America will be checked at an appointment with a nurse at the local health station. It also is particularly important to determine the vaccination history for vaccinations not given by the Helsinki Health Centre.
 You should also definitely acquire **travel insurance** when travelling within the EU or EEA since it provides more extensive protection in the event of illness or accident than general social security agreements between the countries.

Assessing the need for vaccination and preventive medication and getting the vaccination at your health station

- 1) Complete the Long-Distance Traveller's Vaccination Report form in advance.
- 2) Book an appointment with a nurse at [your local health station](#).
- 3) At the appointment, the nurse will go through the **form you completed in advance** and prepare a preliminary vaccination plan. Some of the required vaccinations may be given straight away. If this is not possible, the nurse will agree with you on prescribed vaccinations and preventive medication. A week must be allowed for the delivery of prescriptions.
- 4) After receiving the prescription, get the vaccination(s) from the pharmacy.
- 5) Then book an appointment at the [health station](#) according to the plan.