

## Swiss Alps Immunisations

A safe country to travel in with only 2 immunisations to consider;

- Tetanus spread through contamination of cuts, burns and wounds with tetanus spores. Spores are found in soil worldwide. A total of 5 doses of tetanus vaccine are recommended for life in the UK. Boosters are usually recommended in a country or situation where the correct treatment of an injury may not be readily available. Recommended.

- Tick-borne Encephalitis spread mainly through the bite of an infected tick. Risk is higher during the warmer months, for those exposed outside in forests, woods, and grassy areas (e.g. forestry workers, campers, hikers). Consider.

As always seek advice from your doctor before travel.

