

# Vaccination guidance

Ride Africa: Ghana 2016

From the [NHS website](#): "It is recommended that you consult with your General Practitioner or Practice Nurse 6-8 weeks in advance of travel. They will assess your particular health risks before recommending vaccines and /or antimalarial tablets."

## Boosters

Make sure the following boosters are up to date, or have them if you never have:

- Hepatitis A
- Tetanus
- Typhoid
- Yellow Fever (You **\*must\*** get a yellow fever certificate to enter the country)

## Vaccinations

- Cholera
- Diphtheria
- Hepatitis B
- Meningococcal Meningitis
- Rabies

## Other

- Anti-malarial tablets