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**OUTPOSTS LTD – IMPORTANT MEDICAL ADVICE – IMMUNISATION FOR HEPATITIS B – EX LESOTHO VENTURER 2010**

Introduction

All Cadets and Leaders have been advised, in Newsletter 1, to be immunised as follows:

Hepatitis A. Typhoid. Tetanus. Poliomyelitis. Diphtheria

Leaders and Cadets **are to** produce certification confirming that they are in date for the above at Training Weekend 2, 5 – 7 Apr 10, failure so to do may result in forfeiture of an expedition place.

Requirement

Outposts Ltd has taken further advice, from the Expedition Medical Officer concerning the relative risk of acquiring Hepatitis B during EX LESOTHO VENTURER 2010.

Approximately 8% of the people of Lesotho are carriers of Hepatitis B. The National Health Service website, [www.travax.nhs.uk](http://www.travax.nhs.uk) (available to doctors only) recommends that immunisation against Hepatitis B is offered to all travellers going to countries where the carrier rate is more than 2%. Special mention is made of volunteer activities in construction works (even minor works) and of working with locals in schools and nurseries where scratches and cuts are common.

The Expedition Medical Office therefore recommends that cadets and their parents approach their General Practitioner to discuss and arrange for immunisation against Hepatitis B. Because faecal contamination of food by very common it is sensible to discuss also the provision of immunization against Hepatitis A

It is probable that your GP might wish to charge a fee for immunisation against Hepatitis B. You should be aware that that it is expensive. Cost may vary with where you live and the policy of your local Primary Care Trust. You may be referred to a travel clinic. However for the reasons given above we consider the immunisation essential.

Because of the long immunisation schedule please make your appointment with your doctor in the very near future. Please take a copy of this letter including the 'Note for General Practitioner' to your GP.

**NOTE FOR GENERAL PRACTITIONER**

Dear Colleague,

Hepatitis B and Hepatitis A Immunisation

In July 2010 the bearer of this letter will be a member of a National Cadet Force expedition EX LESOTHO VENTURER 2010.

The cadets will spend three weeks in the Kingdom of Lesotho. They will be doing voluntary work in schools and orphanages. They will be involved there in construction projects and play therapy. One project will be in an orphanage for children who are HIV positive.

The carrier rate of Hepatitis B in Lesotho is 8% of the population. (Liverpool School of Hygiene and Tropical Medicine). The NHS website [www.travax.nhs.uk](http://www.travax.nhs.uk) recommends that, in countries where the carrier load is more than 2%, volunteers doing specifically this sort of work should be offered immunisation against Hepatitis B. Faecal contamination of food is commonplace and we are also advising that the cadets should be immunised against Hepatitis A.

As this young person not only has to raise substantial funds to go on this expedition and will be involved in charitable work among the poor of Lesotho we would be very grateful if you will consider their situation kindly and minimise, as far as possible, the cost of a joint Hepatitis A & B immunisation.

Yours sincerely,  
Dr David TH Williams. (dthw@doctors.org.uk)