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Travel and transport**Travel health and European Health Insurance Cards (EHICs)**

Travel across the world is now so common that it is easy to forget to protect yourself against health risks in the country you are travelling to.

You may find it difficult and expensive to get health treatment in some countries but an EHIC card will cover the cost of treatment in the European Economic Area. There are also things you can do before you go abroad to protect you and your family's health.

E111 and the European Health Insurance Card

You need a European Health Insurance Card (EHIC) to cover you for treatment in the European Economic Area (EEA) and Switzerland (the EEA consists of the European Union or EU plus Iceland, Liechtenstein and Norway).

The EHIC has replaced the old E111. From 1 January 2006, E111s are no longer valid.

The EHIC covers any medical treatment that becomes necessary during your trip, because of either illness or an accident. Full details of cover and who's eligible can be found on the Department of Health (DH) website. You can also apply online for an EHIC.

Is your EHIC still valid?

An EHIC is usually valid for between three and five years. To see if yours is still valid just check the expiry date on the card. You cannot use the card once it has expired so it is vital to check before you travel to Europe.

You can renew your card up to six months before the expiry date.

- ▶ [DH - more about the EHIC and what it entitles you to \(opens new window\)](#)
- ▶ [DH - apply for or renew an EHIC \(opens new window\)](#)


Protecting your health

- buy adequate and appropriate travel insurance
- check with the Department of Health (DH) for the latest medical advice for travellers to the country you are going to
- find out what vaccinations you need at least six weeks before you travel - your GP's surgery will be able to tell you
- take enough supplies of any medication that you have been prescribed and carry a copy of the prescription with you
- carry any medical letters about your health condition to help doctors and nurses abroad if you are taken ill
- if you are travelling within the EU, apply online, by phone, or at a post office for a European Health Insurance Card

Travelling with children

Contact your GP, practice nurse or travel clinic for up-to-date information on any immunisations your child may need.

- ▶ [More information on travel insurance](#)
- ▶ [DH - health advice for travellers \(opens new window\)](#)

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Time to renew your EHIC?

EHICs issued in 2005 and early 2006 will soon need to be renewed. Don't risk travelling in Europe without a valid card.

- ▶ [DH - apply for or renew an EHIC \(opens new window\)](#)

Do it online

- ▶ [Get the latest foreign travel advice](#)
- ▶ [Claim health treatment in Europe \(European Health Insurance Card, formerly E111\)](#)
- ▶ [Replace or apply for a passport](#)

Useful contacts

- ▶ [Foreign and Commonwealth Office](#)
- ▶ [Identity and Passport Service \(opens new window\)](#)