

INFORMATION ABOUT VACCINATIONS – MICHAELMAS TERM 2021

COVID-19

Information relating to COVID-19 will be sent separately from both the University and College, please read, and follow the instructions carefully.

Regarding Covid vaccinations, please see <https://www.cam.ac.uk/coronavirus/stay-safe-cambridge-uni/vaccination>

Why is it important to get vaccinated?

- Getting the vaccine saves lives. It protects you, your loved ones, the people you live and work with, and the wider community. Take the vaccine as soon as you can and remember to get both doses.
- From 16 August, anyone who has been fully vaccinated in the UK (two doses plus two weeks) will no longer have to self-isolate in their room if they come into contact with someone who tests positive for COVID-19.
- In the coming academic year, we want to retain as much of the normal learning and wider student experience as possible. High rates of vaccination will help us to do this and will help you to enjoy the many opportunities that Cambridge has to offer.

In addition, we ask that you familiarise yourself with current [government guidance](#) and adhere to the health and safety measures that are in place within college. We are excited to welcome you to Girton but are also concerned about keeping the whole Girton College community safe and well, including those in the very high/higher risk categories.

Please support us with this by bringing the following items with you:

- **digital thermometer**
- **face coverings**
- **hand sanitiser**
- **facial tissues**
- **over the counter medication, e.g. paracetamol.**

If you are someone with an **increased susceptibility to infectious diseases (ISID)**, or you have a disability impacted by COVID-19 related social distancing measures, please see [Coronavirus | University of Cambridge](#).

If this applies to you, please arrange an appointment with the nurses so we can discuss further.

IMMUNISATIONS/TB SCREENING - Are you protected against preventable infectious diseases?

It's important that your vaccinations are up to date before you come to Cambridge. If you don't have a record of your immunisations, please contact your Doctor's office, and ask for a printout of your immunisation history. Check whether you have received the required vaccinations or need a TB test.

Here is a useful checklist and information regarding vaccinations:

[Vaccine checklist for new student entrants UoC 2020.pdf](#)

[Advice to new student entrants UoC 2020.pdf](#)

For Covid vaccination guidance, please see: [Vaccination | University of Cambridge](#)

Meningitis

Students are strongly advised to have the **Men ACWY conjugate** vaccination before arriving in Cambridge. See:

www.gov.uk/government/uploads/system/uploads/attachment_data/file/545554/PHE_9909_MenACWY_leaflet.pdf

www.studentwellbeing.admin.cam.ac.uk/nhs-and-healthcare/serious-illnesses

[A Student's Meningitis Story | Meningitis Now - Bing video](#)

First year university students are an 'at risk' group for meningitis. Please check out the [signs and symptoms](#) or download the [Meningitis Now app](#) to ensure you have help and information at your fingertips. Other information can be found here:

Measles, Mumps & Rubella (MMR)

Students are strongly advised to have **two doses** of the MMR vaccination before arriving. See:

www.gov.uk/government/uploads/system/uploads/attachment_data/file/543379/9867_MMR_A5leaflet.pdf

Tuberculosis (TB)

International students arriving from certain countries will be required to undertake a TB test as part of their visa application. See:

www.gov.uk/tb-test-visa

[TB screening for the UK factsheets Dec 9.pdf \(publishing.service.gov.uk\)](#)

Influenza (Flu)

If you suffer from chronic lung, heart, kidney or liver disease, have diabetes or are otherwise immunosuppressed, you should already be offered a free annual flu jab. See:

www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx

This year, it would be sensible to consider having a 'flu vaccine as the symptoms of seasonal 'flu are similar to COVID-19. If you don't qualify for a free 'flu vaccine you can pay to have one at a pharmacy such as Boots, Lloyds or Superdrug: [Boots Pharmacy](#), [Winter Flu Jab | Flu Vaccination 2021 | LloydsPharmacy](#), [Flu Jab - Walk-In Flu Vaccine & Winter Flu Jab | Superdrug](#) The cost is approximately £10-12, and you can book an appointment online.

In some countries it is difficult to arrange the Meningitis ACWY or MMR vaccinations. If this is the case, once you have registered with Huntingdon Road Surgery you can 'phone and request an appointment to have the vaccination. MMR and Meningitis ACWY vaccination is free for students aged 25 years and under.