



Girton College Cambridge
College Nurses

Please review this Checklist – there are things for you to do!

- Complete your personalised **online student health questionnaire by Friday 29th September 2023**. Please email us (nurses@girton.cam.ac.uk) if you do not receive this and it isn't in your junk folder! Before completing the form, **you will need to have the following information to hand**:
 - Dates of Covid, MMR, Men ACWY vaccines (if you have had these)
 - Names and dosage of any medication you are prescribed**PLEASE NOTE:** The online form cannot be saved as you complete and will require completing in one go. Please make sure you allow enough time to do this.

- If you have **serious food or other allergies/medical conditions, please email the nurses asap! Our address is nurses@girton.cam.ac.uk**. If you would like to speak with the nurses, get in touch using the same email address and we can arrange a call/zoom before you come to Girton. You can **book a 1:1 consultation**, via the online booking system: <https://ob.rushcliff.com/holding-page/565304> – these start on Tuesday 3rd October and run until the end of term.

- Useful items to bring**
Some students have found it very useful to have the following with them:
 - **digital thermometer**
 - **supply of face coverings**
 - **hand sanitiser**
 - **facial tissues**
 - **over the counter medication such as paracetamol or cough/cold remedies, lozenges**
 - **A hot water bottle and/or a re-useable heat/cold pack**

- Vaccinations - Ensure you have received the appropriate vaccinations before your arrival:**
[Vaccination Information August 2023.pdf](#)

- Meningitis - First year university students are part of an 'at risk' group for meningitis.** Check out the [signs and symptoms](#) or download the [Meningitis Now app](#) to ensure you have help and information at your fingertips.

- Register with a GP Surgery on-line before arriving in Cambridge.** To register at Huntingdon Road Surgery, see New Patients > register online: [New Patients - Huntingdon Road Surgery](#)

- Prescription medication** - ensure you bring sufficient supplies with you as Huntingdon Road Surgery is extremely busy at the start of term. If you are asthmatic, make sure you bring some spare inhalers. If you carry adrenaline auto-injectors, please ensure these are in date.

- International students** please familiarise yourself with UK Healthcare information: www.internationalstudents.cam.ac.uk/arriving/healthcare-uk
Tuberculosis tests where applicable:
www.gov.uk/tb-test-visa.