

## Health checklist

**Please read below. We want to ensure that your health needs are well prepared for your time at University – there are things for you to do and the following information will help you.**

- ☐ Complete your personalised **online student health questionnaire as soon as you can**. This will be sent to you before 10<sup>th</sup> September. Please email us ([nurses@girton.cam.ac.uk](mailto: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 MMR and 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](mailto:nurses@girton.cam.ac.uk)**. If you would like to speak with the nurses, please get in touch using the same email address and we can arrange a call/teams catch up before you come to Girton. You can **book a 1:1 consultation**, via the online booking system [Girton Nurse Appointments](#) . The appointment booking system runs through full term only. At other times, please email [nurses@girton.cam.ac.uk](mailto:nurses@girton.cam.ac.uk).
- ☐ **Register with a GP Surgery on-line before arriving in Cambridge**. To register at Huntingdon Road Surgery (closest surgery to Girton), use this [link](#) . If you prefer to choose a different surgery in Cambridge, you can find alternative surgeries [here](#). The main college postcode (to search with) is CB3 0JG.
- ☐ **Prescription medication**. If you are prescribed medication, we suggest that you bring enough, in-date medication to last you a term, so that it can be replenished during the holidays. Please speak with the nurses if this may be an issue for you.
- ☐ For international students: **Please ensure you have a 'phone with a UK Sim card**, otherwise you will be unable to register with a GP/Dentist.
- ☐ **Accessing a dentist**. Dental problems cannot be dealt with by doctors, so make sure you register with a local dentist. Not all treatment is free, even under the NHS. If you are registered with a dentist in the UK, we suggest that you stay with this dentist and access routine treatment when you are at home in the holidays. If you are unable to register with an NHS Dentist in the Cambridge area, you may have to access private dental care. The nurses can signpost you to local private services but you will be charged for private dental care.
- ☐ **Useful items to bring**. Some students have found it very useful to have the following with them:
  - digital thermometer
  - 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 (or as soon as you can after) your arrival. See this [link](#) for the vaccinations that are recommended to you.

- ☐ **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.
- ☐ **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 [tuberculosis tests](#) where applicable.

**Any questions?** Please get in touch with Rachel, Maria and Sarah (Girton College Nurses).