



## GENERAL HEALTH-RELATED ADVICE FOR STUDENTS

- Please register with a local GP Surgery when you arrive at Churchill. This is a Cambridge University rule (if there are extenuating circumstances please discuss with the College Nurse). The nearest surgery is 1 Huntingdon Road Surgery. In Fresher's week the secretaries from this surgery will visit Churchill College to register those students who wish to join them. If you are from the UK you will need your NHS medical card to register; if you are an overseas student then you will need your passport and proof that you are a student. European students will need to show their EHIC card too.
- You are advised to read the items listed on the College Nurse website. This will give you an overview of the services available in the college, surrounding locality and other (nationwide) agencies.
- You are advised to keep a packet of paracetamol and ibuprofen for times when you are unwell with colds/flu or sporting injuries (always check that you are able to take these; always read the instructions). A small first aid kit, including plasters, is also useful.
- You are advised to buy yourself an electronic thermometer (usually around £4.00).
- Those who use inhalers and adrenaline pens are advised to carry these at all times and check that they are within their expiry date. Please visit your GP Surgery if they are not. Please provide the College Nurse (CN) with your emergency treatment plan. If you don't have one then please discuss with the CN.
- You are advised to check that you have had all your recommended vaccines. If you have not had the recommended vaccines then you will be at risk, if so, please make an appointment with your Practice Nurse at your GP Surgery. Please see the Nurse Surgery website for more details. As well as the usual childhood vaccines, please ensure that you have had the **Meningitis ACWY** vaccine (if eligible).
- If you have **flu, diarrhoea or vomiting**, please isolate yourself from others and please see specific advice on the nurse website. In certain circumstances you may need to be moved to other accommodation if you share toilet/shower facilities. If you are ill **please inform the College Nurse** (the Nurse will respond in working hours only, so please see the open hours listed on the CN web site). Please **also inform the Porters' Lodge and Housekeeping Department (HK) if you have diarrhoea or vomiting or a serious contagious infection**. This is to help prevent an outbreak and to protect others (e.g. staff, students or visitors and those who are pregnant or have an immune system deficiency). There are special **infection control packs** in the Porter's Lodge and Nurse Surgery for diarrhoea and vomiting.

- Please note: there is also a tab on the Nurse website for meningitis symptoms.
- The **NHS provides information** on most health conditions: <https://www.nhs.uk/>
- Please contact your GP if you are unwell and in a high risk group, such as those who are pregnant or those with: diabetes, chronic conditions such as asthma or heart disease or those with conditions which affect the immune system.
- If you have difficulty breathing, shortness of breath, chest pain, sudden dizziness, confusion or severe, persistent vomiting you will need to see a doctor. Depending on the severity either contact your GP for an urgent appointment or the emergency services. For NHS 'out of hours' medical advice or attention call 111. If symptoms are **severe/life threatening**, don't hesitate to dial: **999 or 112 for an ambulance**.
- Inform a friend if you are ill; choosing a 'Buddy' for when you are ill will be helpful and will also prevent contagious disease spreading. Please discuss protective measures with the college Nurse. PPE's (gloves, aprons and masks) are available from the nurse or Porters' Lodge if needed). Avoid contact and close proximity with helpers and always wash your hands and spray door handles regularly (use spray which is both a disinfectant and antiviral and kills 99.9 % microbes; contact HK Department, the College Nurse or the Porters' Lodge for this). You may also wish to consider letting a family member know that you are ill. Please keep your phone/computer switched on. Check your text/emails regularly so that lines of communication can be kept open.
- Please also look out for friends or individuals in your accommodation who say they feel unwell. You can do this via email or text if it is a contagious condition. Offer to get help for them if needed and ask them to contact the College Nurse. If the CN is not available then individuals may call NHS 111 for advice or their GP Surgery, if they need to visit or speak to a doctor.
- The Porters will help with taxis if individuals cannot get to the GP Surgery or hospital: (01223) (3) 36000
- You are advised to inform your Tutor of your illness. Please also let your Tutor know when you have recovered.
- You are advised to cancel/ rearrange classes, supervisions or lectures if you are too unwell to attend.
- If you are mentally unwell, please consider discussing this with the College Nurse. The college Nurse will support you and assess the severity; sign

posting you towards appropriate help. You may also find it helpful to discuss your problems with the College Counsellor: [counsellor@chu.cam.ac.uk](mailto:counsellor@chu.cam.ac.uk). or the University counselling Service: [www.counselling.cam.ac.uk](http://www.counselling.cam.ac.uk)

- If you are mentally unwell you are also advised to contact your GP. The NHS **First Response Service (FRS)** is also available to support anyone concerned about their mental health. It provides **24-hour a day access, to mental health care, advice, support and treatment**. By calling 111 and selecting option 2, you will be put through to a member of the FRS, who will speak to you and discuss your current mental health needs. You are advised to let your Tutor know of your difficulties so that continuing support and advice can be given.
- Register with an NHS dentist (if you have no income to support private dental treatment). NHS fees are subsidised and are much less than private fees. Yearly check ups are recommended. If you have a dental accident and aren't registered, you may incur large 'private treatment' fees.
- If you have large medical fees e.g. regular large amounts of medication to buy or other unavoidable high fees you may be able to apply for a contribution from a hardship fund. In such a case please speak to your Tutor. You will always be expected to have applied to the NHS for treatment first, as this is normally free or subsidised. There is also an NHS fund for those on low income which you may be able to access: [www.nhs.uk/NHSEngland/Healthcosts/Documents/2016/HC1-April-2016.pdf](http://www.nhs.uk/NHSEngland/Healthcosts/Documents/2016/HC1-April-2016.pdf)
- Please contact the **DRC if you have a disability** (see Disability tab on Nurse web site). This includes those with long standing mental illness, specific learning difficulties and Autism Spectrum Conditions.
- If you play sports on the field, please ensure you collect a first aid kit from the Porters' Lodge. Please report any accidents to the Porters' Lodge immediately, as you may need assistance, and the field gate may need to be opened for the ambulance, if needed.
- There are a few medical emergency items kept at the Porters' Lodge including a **defibrillator**, diabetic kit (**glucose**) and **first aid kits**. The Porters are trained in 'First Aid at Work' including anaphylaxis.
- If you go out at night please ensure you look after yourself and your friends. Please encourage each other to stay together. It's risky to walk back alone at night (especially if unwell or intoxicated). Consider carrying a personal safety alarm.