

STUDENT WELFARE AND SUPPORT SERVICES

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To all New Students

VERY IMPORTANT HEALTH INFORMATION – IMMUNISATIONS

Based on the advice of Public Health England and the Oxford College Doctors' Association, the University of Oxford's Student Wellbeing Sub-committee **strongly recommends** that you receive the following vaccines **before** you arrive in Oxford, if you have not already received them:

- Meningococcal ACWY (MenACWY) if you are under 25 years of age
- Measles Mumps and Rubella - MMR1 and MMR 2, i.e. the normal two doses
- Tetanus, diphtheria and polio (known in the UK as the 3-in-one teenage booster)
- Human papillomavirus (HPV) vaccine if you are under 25 years of age

Contact your General Practice to arrange this, if necessary. These immunisations should be available outside the UK for international students.

FURTHER INFORMATION: MENINGOCOCCAL DISEASE

Students, especially new students, are at particular risk of contracting the disease and spreading it to others. Meningococcal disease can cause meningitis (inflammation of the brain) and septicaemia (blood poisoning) that can kill in hours, and those who recover may be left severely disabled. Please note that meningitis is not the same condition as encephalitis, against which students from some countries might have been immunised. If you have been immunised against any form of encephalitis, you will still need the MenACWY vaccine.

Further information on meningitis and the vaccine is available at the NHS Choices website:
<https://www.nhs.uk/conditions/meningitis/>

FURTHER INFORMATION: MEASLES, MUMPS AND RUBELLA (MMR)

Measles and mumps are circulating in the general UK population, particularly among young people. Several outbreaks of mumps have occurred at both universities in Oxford and, year-on-year, the number of cases continues to be significant. If you are not certain that you have received the 2 MMR immunisations, then in line with national policy, we recommend that you obtain them before arriving at University with a month between each dose.

Further information on measles, mumps and rubella, and immunisation against them, is available at the NHS Choices website:

<https://www.nhs.uk/conditions/measles/>

<https://www.nhs.uk/conditions/mumps/>

<https://www.nhs.uk/conditions/rubella/>



OTHER HEALTH ADVICE

In early September we will be providing further health advice about Covid-19 and the steps you will need to take to keep yourself and others safe and well.

ONCE IN OXFORD

When you register with the College Doctor or any other doctor in Oxford, you will be asked for the dates of your immunisations, and have an opportunity to arrange immunisations if you still need to receive them. Information on college doctors and nurses is available at <https://www.ox.ac.uk/students/welfare/health/doctors?wssl=1>

Yours faithfully

Paul Martin
Chair of the Student Wellbeing Sub-committee

Gillian Hamnett
Director of Student Welfare and Support
Services