Guidance on Vaccination, Registering with a family doctor [GP] for new students

Meningitis

Meningitis and Septicaemia are relatively rare but can be fatal. We strongly recommend that you ask your GP for a single dose of Men ACWY vaccine to protect against these strains of the disease if you are up to 25 years old and coming to University for the first time. If you are 18 by the 31st of August, your GP may write to you to offer you the vaccination before you come to University. If you cannot be vaccinated before you arrive, register with a GP in Birmingham and request vaccination. We encourage all students become familiar with the symptoms of Meningitis and Septicaemia. Information leaflets will be provided in University Residences and more information is available on-line at www.nhs.uk where there is a specific page on Men ACWY.

Tetanus, polio, diphtheria, Measles, Mumps and Rubella

We would encourage you to ask your GP if you are up to date with these immunisations and get boosters as necessary. **You are advised to have at least one dose of MMR if you have never been vaccinated or a second dose if you had one in childhood.**

Registering with a GP

It is strongly recommended that you register with a GP within 2 weeks of arrival at the University. You can find out which Doctors' Surgeries are close to your accommodation by visiting www.nhs.uk and doing a search for GPs in the Services near you section. If you do not know your post code yet, use the post code for the Pritchatts Park residences, B15 2QU to do the search. The NHS website gives brief information about each practice and if the Practice has its own website, a link will enable you to visit the website. Some Practices will enable you to **pre-register on line** with them. The NHS website also has information on local dentists, opticians and pharmacies. **UK students should try and obtain their NHS number from their GP as it speeds up registering with a doctor and transfer of medical records.**

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