

## STUDENT WELFARE AND SUPPORT SERVICES

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To all new students

### **VERY IMPORTANT HEALTH INFORMATION – IMMUNISATIONS**

#### **COVID-19 VACCINATION**

All students are strongly encouraged to take up the offer of a COVID-19 vaccination when eligible, ideally before arriving in Oxford at the start of the autumn (Michaelmas) term.

All adults in the UK currently have access to a vaccine through the National Health Service. If students arrive in Oxford having had the first dose of the COVID-19 vaccine elsewhere in the UK, they are encouraged to bring their vaccination card with them, or to have a record of their NHS number, and arrange to have the second (or booster) dose of the vaccine in Oxford.

There will be a winter booster programme run by Primary Care Networks from 1 September. Vulnerable groups will be amongst those offered a COVID-19 booster and flu jab under plans to increase protection against respiratory viruses ahead of winter.

International students are eligible to access the COVID-19 vaccine for free, regardless of their nationality or immigration status. Further information about

[COVID-19 vaccinations for international students](#) can be found on the UK Council for International Student Affairs website.

## **OTHER RECOMMENDED IMMUNISATIONS**

Based on the advice of Public Health England and the Oxford College Doctors' Association, we strongly recommend that you receive the following vaccines before you arrive in Oxford, if you have not already:

- 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 on the NHS Choices website.

## **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 two 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 again available on the NHS Choices website.

### **OTHER HEALTH ADVICE: INFLUENZA**

Some students might be at an increased risk of influenza. If you are in a high risk group, Contact your GP at the start of term to see if you need to have a flu vaccine and read more about the [National Flu Immunisation Programme](#) on the UK Government website.

### **OTHER HEALTH ADVICE: MONKEYPOX**

Cases of monkeypox are rising in the UK and anyone can catch the virus, however, it's being passed on predominantly in interconnected sexual networks. It is a viral infection that spreads through skin-to-skin contact and by sharing items like bedding and towels.

It's important to be aware of the symptoms and be tested regularly for Sexually Transmitted Infections (STIs) particularly if you have multiple sexual partners.

Before you have sex, go to a party or an event, check yourself for rashes and blisters. If you have these or other monkeypox symptoms, take a break from attending events, or sex, until you've called 111 or contacted a sexual health service.

Visit the UK Health Security Agency website to [find out more about monkeypox](#) including symptoms and how it spreads.

Further [sexual health advice](#) can be found on the Oxfordshire Sexual Health Service website.



## ONCE IN OXFORD

All students are advised to [register with their college doctor](#) and to obtain an NHS number. When you [register with your college doctor](#) or any other doctor in Oxford, you will be asked for the dates of your immunisations, and will have an opportunity to arrange immunisations if you still need to receive them. If you have any further queries, please contact your college or doctor.

Yours faithfully

Eleni Kechagia-Ovseiko

Chair of the Student Wellbeing Sub-committee

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