

Health Advice for Newman University Students

Are you registered with a GP?

There are no medical facilities available here, although basic first aid is available. Resident students should register with a local practice. Please bring your medical card so that you can register with the local Health Centre. To find a local dentist or GP, please visit the NHS website: www.nhs.uk.

Are your vaccinations up-to-date?

It is advisable to be up to date with your immunisations, especially if you will be participating in school placements. Your GP should be able to confirm whether you are up to date with the following vaccinations:

- Polio
- Tetanus
- Meningitis C
- Measles, Mumps and Rubella (MMR)

Please make arrangements for any required vaccinations to be given as soon as possible.

What is meningitis?

The **meningococcal bacteria** can cause two types of illness: meningitis and septicaemia (blood poisoning). Of these, septicaemia is the more dangerous and the more likely to be fatal.

The bacteria live in the nose and throat and are only passed on by prolonged, close contact. It has been estimated that between 10% and 20% of the population are carrying the bacteria at any given time and the great majority of people carry them without ever developing the disease.

The important thing to know is that the disease can develop rapidly, sometimes within a matter of hours.

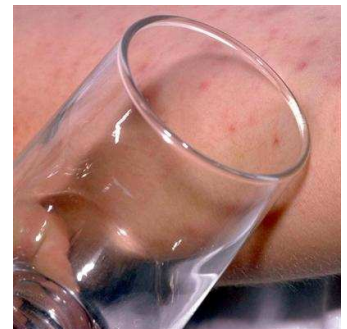
What are the symptoms?

Early symptoms may be similar to those you get with flu or a hangover:

- *feeling feverish*
- *vomiting*
- *severe headache*
- *stiff neck, back and joint pains*

If any of the following symptoms develop:

- *rash of tiny red bruises that don't fade under pressure*
- *severe dislike of light*
- *disorientation or coma*



GET MEDICAL HELP URGENTLY - REMEMBER EARLY TREATMENT SAVES LIVES

Remember:

- although meningitis is a potentially serious disease it is relatively rare
- if you are concerned about any symptoms you should contact a doctor
- if you are feeling ill, you should make sure that your friends (or Hall Tutor for residential students) know this - having someone check on you could save your life.

Swine Flu Advice

What about Swine Flu?

Transmission of this new virus is thought to occur in the same way as seasonal flu. The infection can be effectively treated with antiviral medication. Most reported cases in the UK so far have been mild and people have recovered fully without treatment. If necessary, the infection can be effectively treated with antiviral medication.

What are the symptoms?

If you experience a **FEVER** accompanied by **two or more** of the following symptoms:

- cough
- sore throat
- runny nose
- headache
- limb/joint pain

Please visit the National Pandemic Flu Service website www.direct.gov.uk/pandemicflu or call **0800 1 513 100**.

If you have a serious underlying illness, if you are pregnant, if you have a sick child under one year old, if your condition suddenly gets much worse or if your condition is still getting worse after 7 days you should contact your doctor directly.

Everyone should follow the basic good hygiene measures set out below which will help to reduce transmission of all viruses, including the swine flu virus:

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



- Covering your nose and mouth when coughing or sneezing, using a tissue when possible
- Disposing of dirty tissues promptly and carefully - they can be disposed of in normal domestic waste

BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people

KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.



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Other Health Advice

For any other health related advice, please call **NHS Direct** on **0845 4647**.