



August 2023

To all new students

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

Based on the advice of the UK Health Security Agency (UKHSA) and the Oxford College Doctors' Association, the University of Oxford's Student Welfare and Support Services **strongly recommends** that you receive the following vaccines **before** you arrive in Oxford, if you have not already had 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

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

### **FURTHER INFORMATION: MENINGOCOCCAL DISEASE**

As a new student you may be at particular risk of contracting meningococcal disease and spreading it to others, as you are likely to be mixing closely with lots of new people, some of whom may unknowingly be carrying the meningococcal bacteria. 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 [MenACWY vaccine](#) is available on the [NHS 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 website](#).



### **FURTHER INFORMATION: HPV VACCINE (FOR FEMALE STUDENTS)**

The [HPV vaccine](#) helps protect against genital warts and cancers (such as cervical cancer) caused by the human papilloma virus (HPV). If you are female and missed the HPV vaccine at school, you can still ask your GP for this vaccine until your 25th birthday.

### **OTHER HEALTH ADVICE: INFLUENZA AND COVID-19**

Some students might be at an increased risk of getting serious ill from influenza and/or Covid-19. If you think you might be in a high clinical risk group, contact your GP at the start of term to see if you need to have a [flu vaccine](#) or a [first covid-19 vaccine or booster](#), and read more about the [National Flu Immunisation Programme](#) on the UK Government website.

### **OTHER HEALTH ADVICE: SEXUAL HEALTH**

Rates of sexual health infections amongst students in Oxford were high last year, and there has been a cluster of gonorrhoea infections locally. Chlamydia is also the most common sexually transmitted infection in the UK, affecting around 1 in 14 under 25s. Many people with chlamydia have no symptoms but there can be long-term health complications if left untreated.

Further sexual health advice and information about how to access screening and treatment can be found on the [Oxfordshire Sexual Health Service website](#).

### **ONCE IN OXFORD**

All students are advised to register with their College Doctor or any other doctor in Oxford immediately upon arrival. On registering with a doctor you will be given an NHS Number if you do not already have one, and will be asked for the details and dates of any previous immunisations. You will also have an opportunity to arrange outstanding immunisations if you still need to receive them. If you have any further queries, please contact your college or doctor.

More information about college doctors and nurses is available on the [student webpages](#).

The NHS also provide advice on [getting medical care as a student](#).

Yours faithfully

A handwritten signature in black ink that reads 'Katherine Noren'.

Katherine Noren

Interim Director of Student Welfare and Support Services