Health Check-list for starting at Sidney Sussex

What to bring:

☐ Bring a small medical kit with you including: plasters, paracetamol, cold/flu remedy, digital thermometer, hand sanitiser and washable face coverings (suggested minimum of 4).

What to do:

☐ Register online with a Cambridge GP (UK students one week before arrival. Non-UK students any time, but at least one week before arrival) and update your record on******

☐ Complete your College personalised online health questionnaire by Monday 21st September. You should receive this 14-15th September. Please email nurse@sid.cam.ac.uk if you do not receive this and it isn’t in your junk folder.

☐ Ensure you have received the appropriate vaccinations before arriving in College. The easiest way to do this is to check with your current GP Surgery. It is useful to have a print out of your vaccination history and again your Surgery should be able to provide this if necessary.

☐ If you are taking any regular medication it is a good idea to ensure that you have sufficient supplies as all Cambridge surgeries are extremely busy at the start of term. If you are asthmatic, make sure that you bring a few spare inhalers with you.

☐ Contact the College Nurse within 48 hours of arrival if you have a history of serious food or other allergies.

☐ International Students please familiarise yourself with information about the NHS and be aware of TB Screening where applicable.

☐ Get a UK sim card for your ‘phone if you don’t already have one.