

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

Based on the advice of Public Health England, the Oxford College Doctors' Association, and the University of Oxford's Sub-Committee for Student Health and Welfare, we strongly recommend that you receive the following vaccines:

- **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**

**before you arrive in Oxford, if you have not already received them. 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**

The MenACWY immunisation is a new recommendation prompted by increasing numbers of cases of a highly aggressive form of meningococcal group W (MenW) disease. As a new university entrant, you will be at particular risk of contracting the disease as you are likely to be mixing closely with lots of new people, some of whom may unknowingly carry 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 new vaccine is available at the NHS Choices website: <http://www.nhs.uk/conditions/meningitis/pages/introduction.aspx>

### **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 2 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 available at the NHS Choices website:

<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>

<http://www.nhs.uk/conditions/mumps/Pages/Introduction.aspx>

<http://www.nhs.uk/conditions/rubella/Pages/Introduction.aspx>

### **ONCE IN OXFORD**

When you register with the College Doctor or any other doctor in Oxford, you will be asked for the dates of your immunisations, and have an opportunity to arrange immunisations if you still need to receive them. Information on college doctors and nurses is available at <http://www.ox.ac.uk/students/welf/doctors>. Your College Doctors are Dr Paul Ch'en and Dr Fiona Boyle at Observatory Medical Practice, [www.gpjerichotwo.co.uk](http://www.gpjerichotwo.co.uk), and the College Nurse is Glenys Knighton [somenurse@nhs.net](mailto:somenurse@nhs.net).

Yours faithfully

Observatory Medical Practice