

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.