

Vaccinations

It is really important that your vaccinations are up-to-date before you come to Cambridge. If you don't have a record of your immunisations, the easiest thing to do is to contact your GP Surgery and ask for a print out of your immunisation history. You will also receive a letter from the University that you can give to your Surgery to check that you have received the required vaccinations and asking you to provide the Tutorial Office with a letter from your GP/Specialist if you are a student at [increased risk of infectious diseases](#) such as Covid-19.

Meningitis – all students under 25 are strongly advised to have the [Men ACWY vaccination](#) before arriving in Cambridge.

Measles, Mumps & Rubella (MMR) - students are strongly advised to have **2 doses** of the [MMR vaccination](#) before arriving. There were cases of mumps and measles amongst Cambridge students last year.

Tuberculosis (TB) – International students arriving from certain countries will be required to undertake a TB test as part of their visa application. [Check here](#) to find out if you need a TB test.

Influenza (Flu) -If you suffer from chronic lung, heart, kidney or liver disease, have diabetes or are otherwise immunosuppressed, you should already be offered a free annual [flu jab](#).

This year it would be a good idea for everyone to consider having a 'flu vaccine. Unless you have an underlying health condition you won't qualify for a free 'flu vaccine but you can book to have it from mid-late September onwards at a pharmacy such as Boots, Lloyds or Superdrug. The cost is usually around £10-12 and you will be able to book an appointment online nearer the time.

In some countries it is difficult to get Meningitis ACWY vaccination or MMR. If this is the case, once you have registered with Newnham Walk Surgery you can 'phone and request an appointment to have the vaccination. MMR and Meningitis ACWY vaccination is free for students aged 25 years and under.