

# Vaccinations

It is very important that your vaccinations are up-to-date before you come to Cambridge. Public Health England strongly recommends the following vaccinations:

## Meningitis (ACWY) Vaccine

- All university students under 25 years of age should be immunised against meningitis (with the [Men ACWY vaccine](#)). If you're over 25 years of age, your risk of being infected with meningitis is substantially reduced and you do not need to have the vaccine.
- Many UK students will have had this in school aged 13 to 15. If this is the case for you, you do not need to have the vaccine again.
- If you did not receive the vaccine in school for any reason, and if you are coming to university for the first time and are under 25 years of age, you should get the meningitis (ACWY) vaccine. This includes international students. If in doubt, always speak to your doctor.

## MMR (Measles, Mumps and Rubella) Vaccine

- 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.

## Covid-19 Vaccine

- The COVID-19 vaccine is safe and effective. It gives you the best protection against coronavirus. The University strongly encourages students to get vaccinated, and to have had both doses prior to the start of the next academic year if possible.
- For more information on the Covid-19 vaccination and how to get vaccinated see [here](#)

## Tuberculosis (TB)

- International students arriving from certain countries will be required to undertake a TB test as part of the visa application. [Check here](#) to find out if you need a TB test and ensure you set this up in good time.

## 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 vaccine](#).
- It's sensible for all students to consider having a 'flu vaccine as the symptoms of seasonal 'flu are very similar to Covid-19. 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 £12 and you will be able to book an appointment online nearer the time.

## What if I don't know my vaccination history?

For advice and information if you're unsure about your vaccination history, please speak to your GP (General Practitioner) or your local doctor if you're an international student.

## When should I get my vaccinations?

Ideally you should have any vaccinations at least 2 weeks before you come to Cambridge but for some international students this is not always possible. Speak to your GP about this once you are registered with a Cambridge GP.