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# Health checklist

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There are a few steps you should take before you arrive at University to help keep you healthy and safe. Take some time to think ahead so that you feel prepared.

## 1. Ensure your vaccinations are up-to-date

### COVID-19 vaccinations

If you are an international student and you need a second dose, you will be eligible to receive this in the UK. The NHS (National Health Service) are offering second vaccinations to all students, even if your first dose was not in the UK. If you have not been able to access The quickest and easiest way to access your vaccination is by [register with a GP](#) (general doctor) when you arrive - they will be able to advise on the most appropriate vaccine for you, and how you can receive it. Find out more about [Covid-19 vaccination arrangements for international students](#) (PDF).

[Find out about Covid-19 vaccinations](#)

### Other vaccinations

New students are considered to be particularly at risk of [meningitis](#) and [septicaemia](#) (also called sepsis or blood poisoning). You are strongly encouraged to speak to your doctor about having the Men ACWY vaccine a few weeks before the start of term, or as soon as possible.

International students and those not offered the vaccine by their GP (general doctor) should request it when [registering with a GP](#), which you should do as soon as you arrive at University.

Make sure you know the [signs and symptoms](#) of meningitis and septicaemia.

MMR is a safe and effective combined vaccine that protects against three separate illnesses – measles, mumps and rubella (German measles) – in a single injection. These are highly infectious diseases which can have serious complications. The full course of MMR vaccination requires two doses.

Find out about the Men ACWY vaccine

Find out about the MMR vaccine

The NHS are providing the flu vaccine (influenza) to more people this year, including those living with someone who is at high risk from coronavirus.

Find out about the flu vaccine

## 2. Gather information about any medical conditions

If you have any ongoing health conditions, disabilities or illnesses, you might find it helpful to bring a letter from your home doctor explaining these, so that you can share it when you register with a GP. UK students should make a note of their NHS number if possible, although this is not essential.

If you take any medicines, you may want to bring copies of prescriptions or details of these medicines. Make sure you have enough medicine to last until you are able to [register with a GP](#) and access a local pharmacy.

Similarly, if you wear glasses or contact lenses, you might find it helpful to have a copy of your most recent prescription/eye test in case you need replacements.

## 3. Disclose a disability

Telling us about any disabilities you have enables us to give you appropriate advice and support. At the University, a disability may be a long-term health condition, physical or sensory impairment, a mental health difficulty, autism, and specific learning disabilities, such as dyslexia, dyspraxia and dyscalculia.

## Welcome: Student Disability Service



### *Welcome to Student Disability Service*

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We strongly encourage students to tell us about a disability as early as possible, even if you feel you don't need any support yet. Registering your disability with us early means we can support you more quickly if you do need it in the future.

[Tell us about a disability](#)

## 4. Register with a GP

You should be registered with a local General Practitioner (GP - doctor) so that you can access health care if you need it and local to your term-time address. Your GP will be able to help you access medical services, including Covid-19 vaccinations.

[Find out how to register with a GP](#)



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