

Helpful Advice for New Students

If you wake up during freshers' week feeling rubbish, what are you going to do? Once you've left home you are responsible for your own health. Sorting out your healthcare is a really important part of starting university, and one that many students forget about.

A combination of late nights, lots of alcohol and coming into contact with a whole new bunch of germs from different parts of the country (or the world) could give you the bug that is commonly referred to as 'Freshers Flu'.

It may not be the flu, it may be something else, but either way it won't be pleasant and it will be your responsibility to sort it out. Here are some helpful tips for how to manage your healthcare while at Uni.

Before Arriving at University

- Check with your current doctor to see if you have been vaccinated against MMR and meningitis C. If not, ask them to vaccinate you BEFORE starting university.
- If you take regular medication, make sure you have enough before you leave home for Uni.
- Be aware of the signs and symptoms of Meningitis. This will be useful for you and for your new Uni friends to identify the signs and get help/treatment as soon as possible.
- Make sure you know the name and address of your current Doctor and find out about how to register with a new Doctor at University.
- Your first point of contact for general medical needs is your GP surgery and they take responsibility for your treatment and care. Your old Practice (i.e. the one you are registered with at home) cannot do this if you are moving away. You will need to register with a new GP near where you will be living.

Fairfield Park Health Centre provide NHS GP services for Bath Spa University students and hold surgeries at the Newton Park campus 5 days a week. You can register online for Fairfield Park Health Centre when you complete your online university registration. Staff from the Health Centre will also be on hand at the university registration weekend to help you to register with the surgery and to answer any queries you may have.

When You Get to University

- If you haven't already registered online, find out [how to register with a GP](#) and do it as soon as possible. It can sometimes take 2-3 weeks for your medical records to be transferred to a new GP so don't wait until you need a GP to register.
- Find out where the GP surgery is, what their opening times are, and how to contact them.
- Let your new surgery know if you have any pre-existing conditions or are taking regular medication.
- Apply for a HC2 certificate. If you are eligible this will help with paying for prescriptions (currently £7.90 per item). In some cases you may be exempt from paying charges

altogether but you will need to apply for a certificate. Phone **0300 330 1341** for queries about medical exemption certificates.

- Don't make the mistake of handing in your old repeat prescription request form from home at your new pharmacy – they can't send it to your old doctor for a repeat prescription.

What to do if You Become Ill

- If it's a life threatening emergency dial 999.
- Telephone your local ,Doctor. If you've already registered with them they will know about you and your medical history so will be able to provide good advice and treatment.
- Outside of your Doctor's surgery opening hours, call 111 if you need medical help or advice but it's not a life threatening emergency. Calling 111 is free and available 24 hours a day, 365 days per year.

Don't leave it too late.

If you're unfortunate enough to become ill and need to see a doctor, you'll wish you'd done it sooner