

## Health services and medication

We hope you will be healthy during your stay. To minimise risks you should **visit your doctor** at least one month before you leave home to discuss health risks and precautions you can take to avoid illness.

If you are taking **any regular medication**, please ensure you have sufficient supplies to cover any length of your stay in Oxford. It would be advisable to get a letter from your doctor to verify that the medication is for you and is for a specific condition. Please have an English translation copy of all your prescriptions and medical notes. This should avoid any difficulties in Customs when you arrive. Make sure you pack some in your hand luggage as well as in your suitcase in case one piece of luggage is lost while traveling.

If you wear **contact lenses** it might be useful to visit your optician before you leave home. Your optician might be able to advise you what solutions you can buy while you are here or supply with enough boxes of contact lenses for your whole stay in the UK.

Students studying in the UK for longer than 6 months are eligible for **National Health Service (NHS) treatment** after payment of the Immigration Health Surcharge. All students receive free emergency treatment. We will arrange for you to register with a doctor at the Banbury Road Medical Centre, which is a short walk from the Banbury Road Campus. We also have a College Nurse who runs a surgery every week day, from 8am to 5pm. If you have any pre-existing medical condition or you take any regular medication, an appointment with the College Nurse will be made for the first week of school to discuss about it.

Please note, the European Health Card will not be valid from 1<sup>st</sup> January 2021. Please buy **travel insurance** that comes with healthcare cover before you travel.

If you are studying in the UK for less than 6 months, the Medical Centre charges around £40.00 for a consultation with a doctor and an additional charge if the doctor writes a prescription. If you need medicine the doctor will give you a prescription which you need to take to a chemist. You have to pay for the medicines, which is around £10.00.

### Immigration Health Surcharge

UK Visas and Immigration (UKVI) introduced the Immigration Health Surcharge (IHS) on 6 April 2015. The health surcharge is paid by all non-UK nationals who apply to come to the UK to work, study or join family for a time-limited period of more than 6 months. It is also paid by non-EEA nationals who are already in the UK and apply to extend their stay.

Those who pay the surcharge will be able to access the National Health Service (NHS) in the same way as a permanent UK resident. Payment of the surcharge is obligatory and will be paid as part of the immigration application process.

Please note that all students must pay the surcharge **BEFORE** they submit their visa application or the application will be refused automatically. The surcharge will be refunded if the student's visa is refused. The student will be given an IHS reference number, this must be written on the front cover of the visa application.

Please note: the calculator function on the .gov website is currently not accurate as it calculates term time only: <https://www.gov.uk/healthcare-immigration-application>. Please contact us for guidance on this.

## Immunisations and Medication

### MMR

#### **Ensuring that your child is protected against measles, mumps and rubella.**

Measles can cause complications like ear infections, diarrhoea, pneumonia and convulsions, and can very occasionally be fatal. Measles spreads very easily. It can spread to an unprotected person if they spend time with someone who has the disease. A national vaccination catch-up campaign was launched in the UK to ensure that students are properly protected against contracting measles. At St. Clare's we support this campaign in that we strongly advise that all our students have received two doses of the MMR (measles, mumps and rubella) vaccine.

**Two doses of MMR vaccine offer the best and safest way to protect children and older students against measles, mumps and rubella.** MMR vaccine is a safe vaccine and side effects are minimal and local e.g. inflammation around the injection site and occasionally a fever about 3 weeks after the injection is given. The injections can be given 4 weeks apart. If only one dose was given to a child as a baby, it is still possible to have the second booster dose as a teenager. We recommend that you check with your own doctor that both doses have been given before your son/daughter arrives at St Clare's.

If your child has not had the MMR vaccinations, and you are not able to arrange for them to be given prior to arrival, then we can book an appointment for your child to have the vaccinations. When you complete the doctor's registration form please request this.

### Medication

Please do not send any over the counter medication for your child to use whilst at college. It is against school policy. If your child has a diagnosed specific illness or condition which requires them to take daily medication, please ask your son/daughter to meet with the College Nurses on arrival at college to discuss their health care needs, or you may email us. We will then discuss a plan for your child to self-medicate safely if appropriate. We do not permit or encourage any over the counter medicine to be held by students. Over the counter medication will be administered by the College Nurses or the House parent at the time your child needs it. This is to maintain optimal safety for all students. This process also involves staff to be made aware that your child is feeling unwell and in turn requires medical help.

### Medical Conditions

If your son/daughter has a diagnosed medical condition, please send all doctors letters confirming their diagnosis to [nurse@stclares.ac.uk](mailto:nurse@stclares.ac.uk). Please do contact us to discuss any specific needs your son/daughter may have.