

## Who can help you with:

- Advice on sexual health - Sexual health or (GUM) clinics
- Allergies - Pharmacy / GP
- Asthma - GP
- Blood pressure monitoring - Pharmacy
- Blood test - GP
- Cervical smear - GP
- Contraceptive advice / problems inc. free condoms - Contraception clinics
- Contraceptive pill (first time starting or to change the pill you are on) - GP
- Contraceptive pill repeat - GP
- Cuts - MIUs / Walk-in Centre
- Diabetes - GP
- Diarrhoea - Pharmacy
- Ear infection / blocked ear - Pharmacy (see [www.nhs.uk/conditions/ear-infections](http://www.nhs.uk/conditions/ear-infections))
- Emergency contraception - Contraception clinics; sexual health or GUM clinics - Most NHS Walk-in centres, MIUs and pharmacies
- Insect and animal bites - MIUs / Walk-in Centre
- Minor burns, eye and head injuries - MIUs / Walk-in Centre
- Minor illnesses (e.g. flu, coughs, colds, high fever, sore throat) - Pharmacy
- Minor injuries to back, shoulder and chest - MIUs / Walk-in Centre
- Rash - **111**
- Rape and sexual assault - **111** (NHS) / **101** (Police) / Sexual assault referral centres [www.nhs.uk/live-well/sexual-health/](http://www.nhs.uk/live-well/sexual-health/). In an emergency dial **999**
- Runny nose - Pharmacy
- Smoking cessation advice - Stop Smoking service ([www.nhs.uk/smokefree](http://www.nhs.uk/smokefree))
- Sprains and strains - MIUs / Walk-in Centre
- Travel immunisation - GP / 111
- Unplanned pregnancy - Sexual health or GUM clinics
- Urine infection/cystitis - Pharmacy - (see [www.nhs.uk/conditions/Cystitis/](http://www.nhs.uk/conditions/Cystitis/))
- Vomiting - GP
- Wound dressings - Pharmacy / MIUs / Walk-in Centre

Proud to be caring for you!

## Not sure? Ring **111**

Produced by South Central Ambulance Service NHS Foundation Trust

[www.scasyouth.co.uk](http://www.scasyouth.co.uk) or [www.scas.nhs.uk](http://www.scas.nhs.uk)

[www.twitter.com/SCAS999](https://twitter.com/SCAS999)

[www.facebook.com/SCAS999](https://www.facebook.com/SCAS999)



# HEALTH ADVICE

The essential mini guide for university students



### Self care

For example:  
Cough  
Grazed knee  
Hangover  
Sore throat



### Pharmacy

For example:  
Diarrhoea  
Headache  
Painful cough  
Runny nose



### Minor Injuries Unit

For example:  
Cuts  
Itches  
Sprains  
Strains



### GP

For example:  
Cough  
Ear pain  
Sore tummy  
Vomiting



### NHS 111

Unwell?  
Unsure?  
Need medical  
help fast?



### 999

For example:  
Blacking out  
Chest pain  
Choking  
Heavy blood loss  
Overdoses

# OFF TO UNIVERSITY?

Prepared for your new found independence?

## What about your health needs.... Medication... Doctors... Nearest A&E?

This mini guide gives you all the answers you need

**ALCOHOL** - The best way to avoid a hangover is not to drink too much, but would you know what to do for that hangover cure?... Migraine help?... Locate your local pharmacy at [www.nhs.uk/Service-Search/](http://www.nhs.uk/Service-Search/) for the all-important over the counter meds you may need.

**Alcohol and cooking** - Alcohol and cooking are a dangerous mix. Smoke inhalation caused by students falling asleep while under the influence of alcohol is relatively common. Avoid at all costs. Also avoid attempting to prise large pieces of frozen food apart (e.g. burgers, chicken etc) with a knife as this can cause lacerations and/or tendon injury of the hand.

## CARBON MONOXIDE

1. Make sure carbon monoxide detectors are fitted as required.
2. Know the symptoms of carbon monoxide poisoning (they may mimic food poisoning, viral infections, flu or simple tiredness). Your landlord should provide an annual Gas Safety Record (Gas Safety Certificate) for all appliances.
3. Ensure your landlord uses a Gas Safe Registered engineer to do any gas work in your home.

If in doubt, or for further advice, contact:

- University Accommodation Office
- Health and Safety Executive ([www.hse.gov.uk/gas](http://www.hse.gov.uk/gas))
- HSE Gas Safety Advice Line **0800 300 363** – (source: British Gas)

## CLINICS/OTHER PLACES YOU MAY NEED -

Please go to [www.nhs.uk/service-search/](http://www.nhs.uk/service-search/) to direct you to your nearest service below;

- Pharmacy
- Minor injuries unit (MIU)
- Walk in centre
- Sexual health or genitourinary medicine (GUM) clinic
- A&E
- Dentist - make sure you register with a dentist.

**EMERGENCY** - Ring 999 only if it's an emergency (e.g. choking; chest pain; blacking out; heavy blood loss). When out and about make sure your mobile phone is fully charged. Avoid any situations which might put you in danger.

**GP** - You must register with a GP either at the University's Health Service or with a local GP Practice. Find out more at [www.nhs.uk/live-well/healthy-body/getting-medical-care-as-a-student/](http://www.nhs.uk/live-well/healthy-body/getting-medical-care-as-a-student/)

**MENINGITIS** - Do not mistake symptoms of meningitis as being 'just Freshers Flu'. Check on the link below for symptoms and other important info. [www.meningitis.org/meningitis/check-symptoms/teens-young-adults](http://www.meningitis.org/meningitis/check-symptoms/teens-young-adults). For suspected meningitis ring 999. If you are not sure ring 111 (both are a 24 hour service and their numbers are free). Many students are requested to be up-to-date on their British vaccination schedule before starting university. For details, go to [www.nhs.uk/conditions/vaccinations/men-acwy-vaccine](http://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine)

**MENTAL HEALTH** - For information and other details, go to [www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/](http://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/). Ring 111 if you need advice or an assessment.

**NOT AN EMERGENCY? NOT SURE?** - Ring **111**

**TAKE REGULAR MEDICATIONS?** - Do you know where to collect prescriptions from in your new area? What are their opening times? Check these out before your medication is due for renewal. [www.nhs.uk/Service-Search/Pharmacy](http://www.nhs.uk/Service-Search/Pharmacy)