

## Important vaccinations

### Meningitis

If you are under 25 and entering higher education for the first time, you should receive the MenACWY vaccine, ideally before coming to the University. If you have not already been immunised before arrival, this can be done by your college doctor.

The MenACWY vaccine is given by a single injection into the upper arm and protects against 4 strains of the meningococcal bacteria – A, C, W and Y – which cause meningitis and blood poisoning (septicaemia). You can find further information about meningitis symptoms on the NHS website <https://www.nhs.uk/conditions/meningitis/symptoms/>

### Measles, Mumps and Rubella

Measles and mumps are circulating in the general UK population, particularly among young people. Several outbreaks of mumps have occurred at both universities in Oxford and, year-on-year, the number of cases continues to be significant. If you are not certain that you have received the two MMR immunisations, then in line with national policy, we recommend that you obtain them before arriving at University with a month between each dose.

You can find further information on the NHS website <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

### Tetanus, diphtheria and polio

You should make sure your vaccinations for these are up to date. In the UK you may have received them as the 3-in-one teenage booster.

### Human papillomavirus (HPV)

HPV is the name of a very common group of viruses. They do not cause any problems in most people, but some types can cause genital warts or cancer. If you are under 25 and have not received this vaccination we recommend that you do.

You can find further information about HPV and the vaccine on the NHS website <https://www.nhs.uk/conditions/human-papilloma-virus-hpv/>

### COVID-19

All students are strongly encouraged to take up the offer of a COVID-19 vaccination when eligible, ideally before arriving in Oxford at the start of the autumn (Michaelmas) term.

All adults in the UK currently have access to a vaccine through the National Health Service. If students arrive in Oxford having had the first dose of the COVID-19 vaccine elsewhere in the UK, they are encouraged to bring their vaccination card with them, or to have a record of their NHS number, and arrange to have the second (or booster) dose of the vaccine in Oxford by contacting NHS 119.

Vulnerable groups will be amongst those offered a COVID-19 booster and flu jab under plans to increase protection against respiratory viruses ahead of winter.

International students are eligible to access the COVID-19 vaccine for free, regardless of their nationality or immigration status. Further information about COVID-19 vaccinations for international students can be found on the UK Council for International Student Affairs website: [UKCISA - international student advice and guidance - Coronavirus \(Covid-19\): info for international students](#).

### Other Health Advice: Monkeypox

Cases of monkeypox are rising in the UK and anyone can catch the virus, however, it's being passed on predominantly in interconnected sexual networks. It is a viral infection that spreads through skin-to-skin contact and by sharing items like bedding and towels. It's important to be aware of the symptoms and be tested regularly for Sexually Transmitted Infections (STIs) particularly if you have multiple sexual partners. Before you have sex, go to a party or an event, check yourself for rashes and blisters. If you have these or other monkeypox symptoms, take a break from attending events, or sex, until you've called 111 or contacted a sexual health service. Visit the UK Health Security Agency website to find out more about monkeypox including symptoms and how it spreads: [Information on monkeypox and our investigation into recent cases - UK Health Security Agency \(blog.gov.uk\)](#).