

OTHER HEALTH CONSIDERATIONS

Immunisations

- You are advised to take details of your health and medical background with you when travelling to your Partner University. This should include evidence of immunisations against mumps, measles and rubella (MMR) and TB.
- Most Local Health Authorities can provide you with a print out of your immunisation history. Alternatively, contact your GP, who is, however, more likely to charge for this service.
- For specific information about health precautions in other parts of Europe check out the World Health Organisation website at: <http://www.who.int/en/>

Eye Tests, Dental Check-ups and Prescriptions

- It is advisable to have an eye test and dental check-up before you go abroad.
- If you wear glasses or contacts, take your prescription with you - just in case.
- The same goes for any medicines you take regularly; ensure you have the prescription and enough medication to cover you for the first few weeks at least.
- CHECK WITH YOUR GP as to how many months' supply of medication can be prescribed for you before you leave. Take a copy of the prescription, or other official notification from your doctor, with you. You'll need to know the generic name of your medication, not just the brand name. For information on generic drug names see: <http://www.healthsquare.com/drugmain.htm>