1. **Register with a health centre in Oxford.** This automatically registers you with the National Health Service (NHS).
2. **Get a UK mobile number.** Health centres and phone services cannot phone back international numbers.
3. **Inform the College Lodge of any emergency situation:** 01865 284700.

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### Health Services in Oxford

<table>
<thead>
<tr>
<th>Self-care / Lodge</th>
<th>First Aid kit in the College Lodge</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Many common winter illnesses and injuries can be treated by self-care</td>
<td>• Bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing</td>
</tr>
<tr>
<td>• Talk to your pharmacist about remedies</td>
<td>(Note: The Lodge cannot supply painkillers)</td>
</tr>
<tr>
<td>• Get plenty of rest and drink plenty of fluids</td>
<td>Purchase from supermarkets and pharmacies:</td>
</tr>
<tr>
<td></td>
<td>Painkillers (Paracetamol), anti-diarrhoeal medicines, indigestion remedies, cold and flu remedies.</td>
</tr>
</tbody>
</table>

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### Dial 111 for assessment and advice

**Freephone 24/7, every day**

The advisor will ask you a series of questions to assess your symptoms.

You will be directed to the best medical care for you immediately.

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### Call back on UK mobile

The advisor will ask you a series of questions to assess your symptoms.

You will be directed to the best medical care for you immediately.

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### Minor cuts? Grazes? Colds? Hangovers

**Minor Injuries Department**

John Radcliffe Hospital

Open 24/7

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### Headache? Upset stomach? Coughs and colds?

**Pharmacy**

• Advice on the best medicines for many common illnesses
• No appointment necessary

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### Long-term conditions? (e.g. asthma, diabetes, cancer, bowel conditions)

**College Doctor:** Dr Kyle Knox

Medical advice, examinations and prescriptions.

Appointments in College during term (Weeks 1-8).

Book appointment at the Lodge (Tel.: 01865 284700)

Mon.: 14.15-15.15

Fri.: 14.15-15.15

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### Mental health conditions? New symptoms? Other illnesses?

**College Nurse:** Alison Nicholls

Assessment and advice. Also contraception, sexual health, travel advice, minor injuries (not fractures).

In College during term (Weeks 0-9).

No appointment needed

**Summertown Health Centre**

Tel: 01865 515552

Mon.-Fri.: 8.30-18.30

Sat.: 9.00-18.00

Sun.: 11.00-17.00

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### Severe ear ache? Severe chest infection?

**GP urgent care**

• For illnesses and injuries which aren’t life-threatening

The Duty Doctor will call you back to assess your condition.

**During opening hours (see below), you may be offered a same-day appointment at Summertown Health Centre**

Mon.-Fri.: 8.30-18.30

Sat.: 8.30-10.30

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### Minor injuries? Fractures? Eye injury? Minor burns?

**Minor Injuries Department**

John Radcliffe Hospital

Open 24/7

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### Severe chest pain? New symptoms?

**Studental**

Oxford Brookes University, Colonnade Building, 3rd Floor, Gipsy Lane

Mon.-Fri.: 8.00-18.00

Tel.: 01865 689997

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### Dental Emergency?

**Oasis Dental Care**

22 Beaumont Street

Mon.-Thu.: 8.30-19.30

Fri.: 8.00-16.30

Sat.: 9.00-14.00

Tel.: 01865 243702

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### Suicidal Thoughts?

**Samaritans**

Tel: 116 123

Freephone 24/7, every day

Email: jo@samaritans.org

Visit:

60 Magdalen Rd, Oxford

Open daily, 8.00-22.00