# Health Services in Oxford

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.

## First Aid in the College Lodge (Tel.: 01865 284700)
- Bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing
  (Note: The Lodge cannot supply painkillers)

## Purchase from supermarkets and pharmacies:
- Painkillers (Paracetamol), anti-diarrhoeal medicines, indigestion remedies, cold and flu remedies.

## Dial 111 for assessment and advice
**Freephone 24/7, every day**

## Call back only 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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### Self-care / Lodge
- **Minor cuts?**
- **Grazes?**
- **Colds?**
- **Hangover**
- **Headache?**
- **Upset stomach?**
- **Coughs and colds?**
- **Long-term conditions?** (e.g. asthma, diabetes, cancer, bowel conditions)
- **Mental health conditions?**
- **New symptoms?**
- **Other illnesses?**

### First aid
- **Advice on the best medicines for many common illnesses**
- **No appointment necessary**

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### Minor cuts? / Lodge
- Many common winter illnesses and injuries can be treated by self-care
- Talk to your pharmacist about remedies

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### Get plenty of rest and drink plenty of fluids
- **Hangover**
- **Grazes?**
- **Colds?**
- **Minor cuts?**
- **Headaches?**
- **Severe chest infections?**

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### Minor injuries? / Lodge
- **Fractures?**
- **Eye injury?**
- **Minor burns?**

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### Severe ear ache
- **Severe chest infection?**

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### GP urgent care
- **For illnesses and injuries which aren’t life-threatening.**
- The Duty Doctor will call you back to assess your condition.

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### Minor Injuries Department
- **John Radcliffe Hospital Open 24/7**

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### Accident & Emergency Department
- **John Radcliffe Hospital**
  - Headley Way, Headington, Oxford Open 24/7

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### Dental Emergency?
- **Student Dental**
  - Oxford Brookes University, Colonnade Building, 3rd Floor, Gipsy Lane
  - Mon.-Fri.: 8.00-18.00
  - Tel.: 01865 689997
- **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