

Health advice for UK international students

We hope you won't have any health issues while you're with us in the UK. But if you do then our health services are very accessible, and many international students are entitled to free and subsidised treatment on the NHS (National Health Service). If not and you require international student health insurance, you can still make use of the UK's excellent health services.

Before you travel to the UK

If you are undergoing medical treatment, have pre-existing serious health issues before you travel, or if you are registered as disabled, we advise you to bring your current prescriptions and a doctor's report (translated into English). This is to ensure you can get the help you need while in the UK.

Your documents should give details of your condition, all treatment and medication you require, plus any assistance you will need while you study in the UK.

When you arrive for UK study, you may be asked to produce health certificates detailing your vaccinations. If you are coming from a tuberculosis (TB) high-risk area, a chest x-ray report may also be required. It's a good idea to carry these documents in your hand luggage, as you may have to show them before passing through UK immigration.

Ask the British Embassy or High Commission in your home country what inoculations you need to be admitted to study in the UK. To find your nearest office visit the [FCO \(Foreign and Commonwealth Office\) website](#).

Health services for UK international students

You may be entitled to free or subsidised treatment in the UK under the National Health Service (NHS). Your UK course needs to be at least six months in duration to be eligible, although free emergency treatment may be available if you are here for less time.

If you're a national or resident of an EEA (European Economic Area) country, you will receive these benefits regardless of how long your UK course is. This also applies if you are an international student studying a full-time course in Scotland.

To find out if you are entitled to NHS services in the UK visit the [Department of Health website](#).

If you are not entitled to NHS treatment you should take out international student health insurance before you leave home or as soon as you arrive to study in the UK.

Keeping healthy while you study in the UK

You can keep healthy in the UK the same way you do at home:

- eat nutritious foods (so lots of fruit and veg!)
- exercise regularly (not just turning pages of your books or surfing the web!)
- get enough sleep (as we say in the UK, "early to bed and early to rise, makes someone healthy, wealthy and wise!")

While you're meeting so many new people as an international student you may be more likely to catch colds and fevers, so take plenty of vitamin C. Herbal supplements such as Echinacea which you can buy from Health shops, are also a safe and effective immune system booster. Of course, exercise always helps to strengthen your immune system, so why not join a college gym or sports team? You can meet new people at the same time as keeping fit.

Remedies for minor illnesses such as headaches and colds are available from high street chemists, most supermarkets and some other shops. They are available without a doctor's prescription. If you are not sure what medication to take, rather than visiting your doctor, you can get advice from a qualified pharmacist at any chemist.

Useful links:

- FCO
- Department of Health
- NHS Direct