Dear Student/Chaperone

Whilst you are staying in the UK it is vital that you are aware and understand the differences between the medical system here and at home. Our entire healthcare is delivered by the National Health Service, more commonly called the NHS. Visiting students may find it frustrating that it is not the same as what you are used to at home, especially when you feel unwell. However the NHS has been running successfully since 1948 and aims to treat people on a per need basis.

Doctors’ appointments are available between 9-6pm, after which you would call NHS 24 who will provide a consultation over the phone and if deemed necessary would make an appointment for an out of hours doctor or suggest you attend the Accident and Emergency Department at the hospital nearby. Only in the event of a life or death emergency would an ambulance be called.

During your stay in Dundee, the College will have a nurse on call from 6pm – 9am who is contactable by the students’ chaperone if they wish to discuss or seek any medical advice.

We hope that you are well throughout your stay, but in the instance that you become ill it is often upsetting and seems worse when you are away from home. In order to reduce any distress or upset we recommend that students only travel to the UK if they are healthy and deemed fit for travel. **If you regularly take medication is essential that you bring an adequate supply to cover your time here.** If you occasionally take medication to treat illnesses such as coughs, colds, migraines etc, we suggest you bring some with you as the same medication may not be available here, over the counter or without prescription.

A few things to remember before you plan your travel:

- If you suffer an ongoing illness, **discuss with your doctor** the practicality of a long period of travel and what medicine you require. The College must be informed and approve this before commencing travel.
- **Bring a doctor's note**, written in English, detailing any ongoing medical conditions and treatment for them so this can be passed to medical professionals here, in the event you require medical treatment in the UK.
• **Antibiotics are not given** for the treatment of ailments such as coughs, colds and flu like symptoms. Antibiotics will only be given to treat bacterial infections not viral infections.

• **Pain relief injections are not given** for the treatment of migraines or period pain. Over the counter pain relief is deemed suitable.

• In the UK education system, it **is not deemed appropriate to take time off classes** or work because of tiredness or period pain.

Please sign the letter below and return one copy to the College. A copy will be sent to your university.

Print Name:

Signature:

Name of University: