



Important student health information

Local GP Practice and Dentist contact details

It is very important that you sign up with a local GP practice and dentist, if you have moved into the area. If you have not already signed up with a local Doctor you can use these details to find one that is close to you so you can go along and get registered.

Due to Covid19 we suggest contacting the practice by phone before attending. Please do not attend a GP practice if you have symptoms of Covid19. Please follow NHS guidance if showing symptoms. See link for further information <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Further information regarding University guidance for Covid19 can be found here, <https://www.tees.ac.uk/sections/about/university/coronavirus.cfm>. If you have any concerns, please contact studentwellbeing@tees.ac.uk or for medical advice contact NHS 111

GP practices

Endeavour Practice
Cleveland Health Centre
20 Cleveland Square
Middlesbrough
TS1 2NX
Telephone number: (01642) 242192
Website: www.endeavourpractice.co.uk

Prospect Surgery
Cleveland Health Centre
20 Cleveland Square
Middlesbrough
TS1 2NX
Telephone number: 0844 477 3987
Website: www.prospectsurgery.nhs.uk

Park Surgery
One Life
Linthorpe Road
Middlesbrough
TS1 3BE
Telephone number: 0300 111 2300
Website: www.parksurgery.co.uk





Discovery Practice
The Mall Health Centre
20 Cleveland Square
Middlesbrough
TS1 2NX
Telephone number: (01642) 245069
Website: www.thediscoverypractice.co.uk

Erimus Practice
20 Cleveland Square
Middlesbrough
Cleveland
TS1 2NX
Telephone number: (01642) 242746
Website: www.erimuspractice.nhs.uk

Newlands Medical Centre
Borough Road
Middlesbrough
TS1 3RX
Telephone number: (01642) 247029/247401
Website: www.newlandsmedical.org.uk

Dental practice

The closest dental practice to University campus is Genix Healthcare Dental clinic.

Genix Healthcare Dental Clinic
226 Linthorpe Rd, Middlesbrough TS1 3QW
[01642 247075](tel:01642247075)

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. **Get help online or on the phone**

To get help from NHS 111, you can:

- go to 111.nhs.uk (for people aged 5 and over only)
- call 111
- NHS 111 is available 24 hours a day, 7 days a week





Meningitis awareness

Many students will have already had their meningitis ACWY vaccination in school at age 14/15, but if you missed this or are an international student, you are still eligible to receive your Free meningitis ACWY vaccine.

Students living and spending time in closer proximity to each other are at an increased risk of meningitis. Despite current physical distancing it is still important that you are aware of the signs and symptoms of meningitis and also obtain your ACWY vaccination if you haven't already had one.

All Freshers, under age 25, are entitled to their free meningitis ACWY vaccine. You must be registered with a GP to obtain your vaccination. It is advised you try to get your vaccination before coming to University if possible. However if moving away from home, we would advise you to register with a local GP practice as soon as possible on arrival at University.

Information regarding locations and contact details for local GP practices can be found on the Teesside University website. Due to Covid19 guidelines please contact your chosen GP practice by telephone in the first instance.

Further information about meningitis including the signs and symptoms to look out for, can be found here. <https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/>. There is more information and downloadable resources available at www.meningitisnow.org



Septicaemia

Some bacteria can cause meningitis and septicaemia (blood poisoning). People with septicaemia may develop a rash of tiny red 'pin pricks' which can develop into purple bruising.

THIS RASH DOES NOT FADE UNDER PRESSURE. DO THE GLASS TEST.

- Fever with spots/rash that do not fade under pressure is a **MEDICAL EMERGENCY**
- **DO NOT WAIT FOR A RASH.** If someone is ill and getting worse, get medical help immediately
- **ON DARK SKIN,** the spots/rash can be more difficult to see. Do not wait for a rash. Be aware of all the signs and symptoms.



Press the side of a clear glass firmly against the skin. Spots/rash may fade at first. Keep checking!

Medical help

Call NHS 111 or your GP

Trust your instincts - get medical help immediately



In an emergency you can:

- Dial 999 for an ambulance
- Go to your nearest accident and emergency department

Describe the symptoms and say that you think it could be meningitis or septicaemia.

Early diagnosis can be difficult. If you have had advice and are still concerned, get medical help again.

Meningitis kills

This card could save your life

Meningitis now

Meningitis Helpline
0808 80 10 388 (UK)

www.fightfornow.org



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Don't assume it's COVID



Feeling ill? Call your GP or NHS 111 straight away



It might be COVID-19, but it could be meningitis



Meningitis is a medical emergency, so it's vital you act fast.



Don't assume it's COVID-19 - call your GP or NHS 111 to make sure.

Meningitis now

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Meningitis. Make sure you're protected.

Meningitis* kills. Make sure you're vaccinated and know the signs and symptoms. Symptoms can appear in any order. Some may not appear at all. Early symptoms can include:

fever, headache, vomiting, diarrhoea, muscle pain, stomach cramps, fever with cold hands and feet



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin
Spots/rash



Severe headache



Stiff neck



Dislike bright lights



Convulsions/seizures

If someone is ill and getting worse, call NHS 111 or your GP straight away. In an emergency dial 999 or go to your nearest A&E.

The MenACWY jab is free for all eligible students - if you're unsure if you've already had it, call your GP.

*Meningitis is used to describe meningitis and meningococcal septicaemia.

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Meningitis now



Tuberculosis (TB) - specific advice for international students

You may be eligible for TB screening and treatment depending on your country of origin.

To find out if you are eligible for your free TB screening please contact the NHS, South Tees, TB Nursing Service.

TB Nursing Service
The James Cook University Hospital
Marton Road
Cleveland
TS4 3BW
Telephone number: 01642 854237

Some information about Tuberculosis (TB)

TB can be a life threatening infection caused by Mycobacterium Tuberculosis

The screening offered is for Latent TB (not active TB which you may have already been tested for) although a signs and symptoms screen with done during the consultation to check for signs of active TB.

- Latent TB Bacteria are in the body but are not active. The person is well and cannot pass the bacteria on to other people.
- Latent TB can develop into active disease. (Moving countries has been found to be a factor that can contribute to TB activation)
- Treating latent TB now, will prevent this from occurring.

The TB nursing service can offer you screening for latent TB and treatment if required free of charge.

*Please note – screening is not compulsory but we do advise it if you are from a country with an incidence rate of more than 150 cases per 100000 people

