

# RESIDENTIAL SERVICES

## For all Health Conditions

This simple guidance will provide you with information and advice on how to minimise the spread of infection and remain healthy.

The **Medical Centre** on campus offers a large variety of services. Make sure you register at the Medical Centre when you arrive and get up-to-date with your vaccinations. Tel: **01895 234426**

1. Whenever you need **health advice or information** visit <https://www.nhs.uk/Conditions/Pages/hub.aspx>
2. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

For less urgent health needs, contact your GP or local pharmacist in the usual way.

3. If you are **feeling unwell**; make sure a friend or relative is informed
4. For travel advice see <http://www.fco.gov.uk/en/travelling-and-living-overseas/>

## How to minimise the spread of infection and stay healthy

- Always cover your nose and mouth when coughing and sneezing, and wash your hands afterwards
- Bin your tissue after use
- Wash your hands frequently with soap and water, alcohol-based gels are also effective
- Avoid touching your eyes, nose or mouth
- Regularly clean hard surfaces like door knobs and work surfaces using normal household detergents
- Inform a friend if you are ill.

## **HAND WASHING:**

**AN EASY AND THE MOST EFFECTIVE WAY TO PREVENT SPREAD OF INFECTION**



**Contact details for Residences Offices open  
Monday to Friday  
8.30am to 5pm**

---

**ISAMBARD COMPLEX & MILL, FLEMING & GALBRAITH HALLS**

[imfg@brunel.ac.uk](mailto:imfg@brunel.ac.uk)

**Tel: 01895 267100**

---

**BISHOP, LANCASTER AND FARADAY COMPLEX**

[blf-staff@brunel.ac.uk](mailto:blf-staff@brunel.ac.uk)

**Tel:01895 267284**

---

**REPORT YOUR ILLNESS TO**

** [illnessinhalls@brunel.ac.uk](mailto:illnessinhalls@brunel.ac.uk)**