

## Dentists

It is important that you register with a dentist and have a check up at least every six months. Visit [Getting NHS dental treatment in Scotland](#) for more information, and to find a dentist visit [Find your local services](#) on NHS 24.

## Doctors

There is no National Health Service General Practitioner (GP) service available in the University. To find your nearest GP visit [Find your local services](#) on NHS 24.

Students coming to live in Edinburgh, and who are pursuing courses longer than 13 weeks must register with a GP (General Practitioner) in the area where they are living (in Edinburgh) on arrival at university. Remember to bring your NHS card with you. You can register with a doctor in Edinburgh and still see your doctor at home as a temporary patient.

## Emergencies

In an emergency phone 999 for the emergency services (police, ambulance, fire brigade or coastguard).

## Health & Safety

Visit the [Health & Safety](#) pages for more information.

## Hospitals

To find your nearest hospital in Edinburgh visit [Find your local services](#) on NHS 24.

## Measles

[Measles](#) is a highly infectious viral illness that can be very unpleasant and can sometimes lead to serious complications. However, it's now uncommon in the UK because of the effectiveness of the MMR vaccination. The initial symptoms of measles develop around 10 days after you are infected.

These can include:

- cold-like symptoms
- red eyes and sensitivity to light
- a high temperature (fever)
- greyish white spots in the mouth and throat

After a few days, a red-brown spotty rash will appear. This usually starts behind the ears and then spreads around the head and neck before spreading to the rest of the body.

Read more about the [symptoms of measles](#).

## Mumps

[Mumps](#) is a contagious viral infection that used to be common in children. It's most recognisable by the painful swellings at the side of the face under the ears (the parotid glands), giving a person with mumps a distinctive "hamster face" appearance.

Other symptoms include:

- headache
- joint pain
- high temperature, which may develop a few days before the swelling of the parotid glands.

Read more about the [symptoms of mumps](#).

## Opticians

One of the occupational hazards of the intense concentrations that students have to endure is eye strain, and a whole assortment of eye problems. Everyone should visit an optician at least once a year. To find an optician visit [Find your local services](#) on NHS 24.

## Personal Emergency Evacuation Plans (PEEPs)

If you have a disability, long term health condition or a temporary health condition that is likely to affect how quickly and safely you can exit University buildings in an emergency, you may need information about our evacuation procedures and a personal evacuation plan; for example, if you are a wheelchair user or have significant mobility, vision or hearing problems. You may also need information and a plan in other circumstances, for example if you have a broken limb or you are pregnant and this is affecting your mobility.

In the first instance, you can discuss PEEP information with an Adviser in the [Disability & Inclusion Team](#). You may also need to discuss evacuation procedures with an Accommodation Officer if you are staying in University accommodation.

A PEEP ensures you have clearly explained information detailing what you need to do in the event of a fire or other emergency evacuation; for health and safety reasons, this must be completed either prior to, or soon after you join the University. If you think you need a PEEP and this is not in place within four weeks of joining the University, please raise this with the Disability & Inclusion Team on [disabilityandinclusion@napier.ac.uk](mailto:disabilityandinclusion@napier.ac.uk) or with your Head of School.

For further information on fire evacuation and other health and safety matters visit our [Health & Safety](#) pages.

## Pregnancy

[University support for pregnant students and those with young babies](#)

Under the Equality Act 2010 students are entitled to support during a period of pregnancy and maternity. Work is currently ongoing within the University to finalise a formal policy and procedures to support students who are pregnant or have recently given birth and are breastfeeding. The [University support for pregnant students and those with young babies](#) gives provisional information about support for students.

Please note that the first 13 weeks of pregnancy are regarded as carrying the greatest health and safety risks to the baby's development. Early disclosure to a member of staff is therefore vital if you are exposed to any chemicals, biohazards or involved in any strenuous activities as part of your course.

If you have any immediate queries or concerns about pregnancy or maternity support, you can contact Disability and Inclusion by emailing [disabilityandinclusion@napier.ac.uk](mailto:disabilityandinclusion@napier.ac.uk).

## Protection from Meningitis (MenACWY Vaccine)

From August 2015, all UK school leavers will be invited for the Men ACWY vaccine by their local GP practice. The MenACWY vaccine protects against four different causes of meningitis and septicaemia; meningococcal (Men) A, C, W and Y diseases.

The vaccine is also available to new university entrants including international students, if they are a first year entrant up to 25 years of age.

An aggressive strain of the bug has caused cases of the disease increase and all first year university entrants are encouraged to register with a GP and request the vaccination before starting university. New students who have moved away from home should also register with a GP and request the MenACWY immunisation from their new GP if they did not receive the vaccine before starting university.

For more information visit [Immunisation Scotland](#).

## Rubella

**Rubella** (also known as German measles) is a viral infection that used to be common in children. It is usually a mild condition that gets better without treatment in seven to 10 days.

Symptoms of rubella include:

- a red-pink skin rash made up of small spots
- [swollen glands](#) around the head and neck
- a high temperature (fever)
- [cold](#)-like symptoms such as a [cough](#) and runny nose
- aching and painful joints (more common in adults)

The symptoms of rubella usually only last a few days, but your glands may be swollen for several weeks.

Read more about the [symptoms of rubella](#).

Visit the [MMR vaccine](#) pages from the NHS for more information.

## Sexually Transmitted Infections (STIs)

STIs, their existence, symptoms and consequences are very serious and it is worthwhile being aware of the uncomfortable, and sometimes lethal, problems of unprotected sex. The main problem with many STIs is that they can be carried unwittingly and therefore transmitted unknowingly to sexual partners. Contact your GP if you have any concerns. Visit the [STIs](#) pages from the NHS for more information.