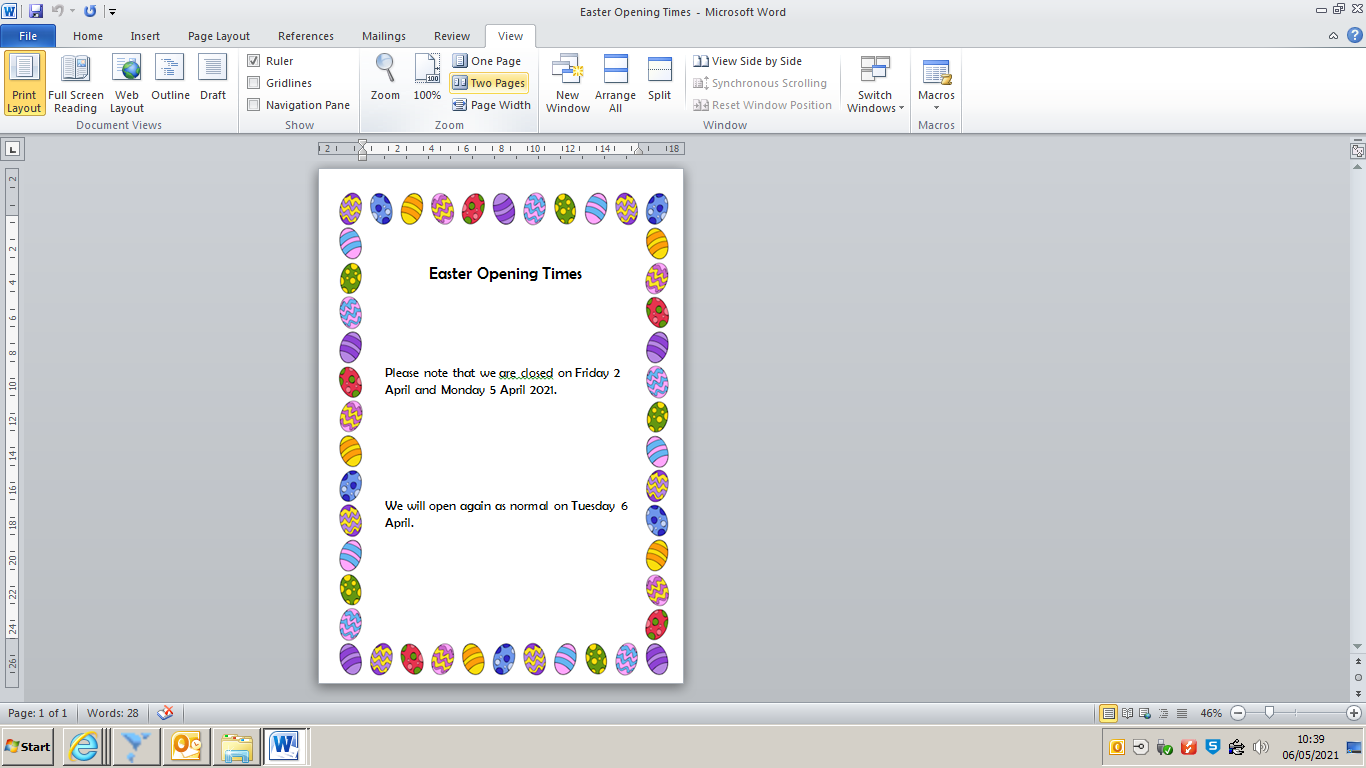
**Bradford Student**  **Health Service**

[](https://www.google.co.uk/url?sa=i&url=https://www.flickr.com/photos/atoach/8735295731&psig=AOvVaw30uMQjta9zRfSshfBlGkM8&ust=1620379063629000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOCK8sXctPACFQAAAAAdAAAAABAE)



# Suffering from Hay Fever?

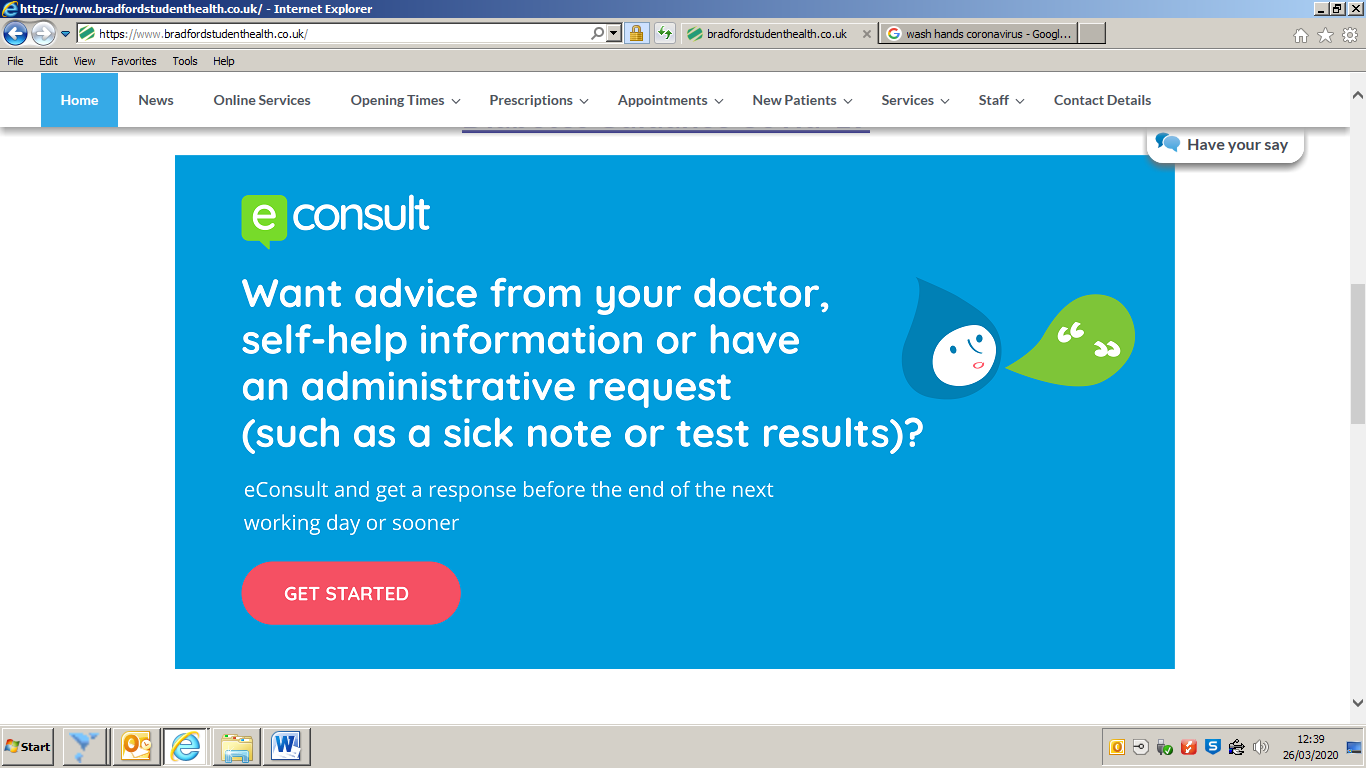
Hay fever is a common allergic condition that affects up to one in five people at some point in their life.

Hay fever can often be controlled using over-the-counter medication from your pharmacist. However, if your symptoms are more troublesome it’s worth speaking to your GP, as you may require prescription medication.

# Coronavirus Update

To protect yourself and others DO NOT come to the surgery unless a GP has given you an appointment

If you have a pre booked appointment this will now be triaged over the telephone to confirm you are well enough to attend.

**We would also advise and encourage patients to use E-consult on our website** 

Roadmap out of lockdown

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**Emergency and urgent care services**

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 of local pharmacist in the usual way.

*Useful contacts*

Counselling service 01274 235750

Students union 01274 233300

Information Shop for Young People 01274 432431

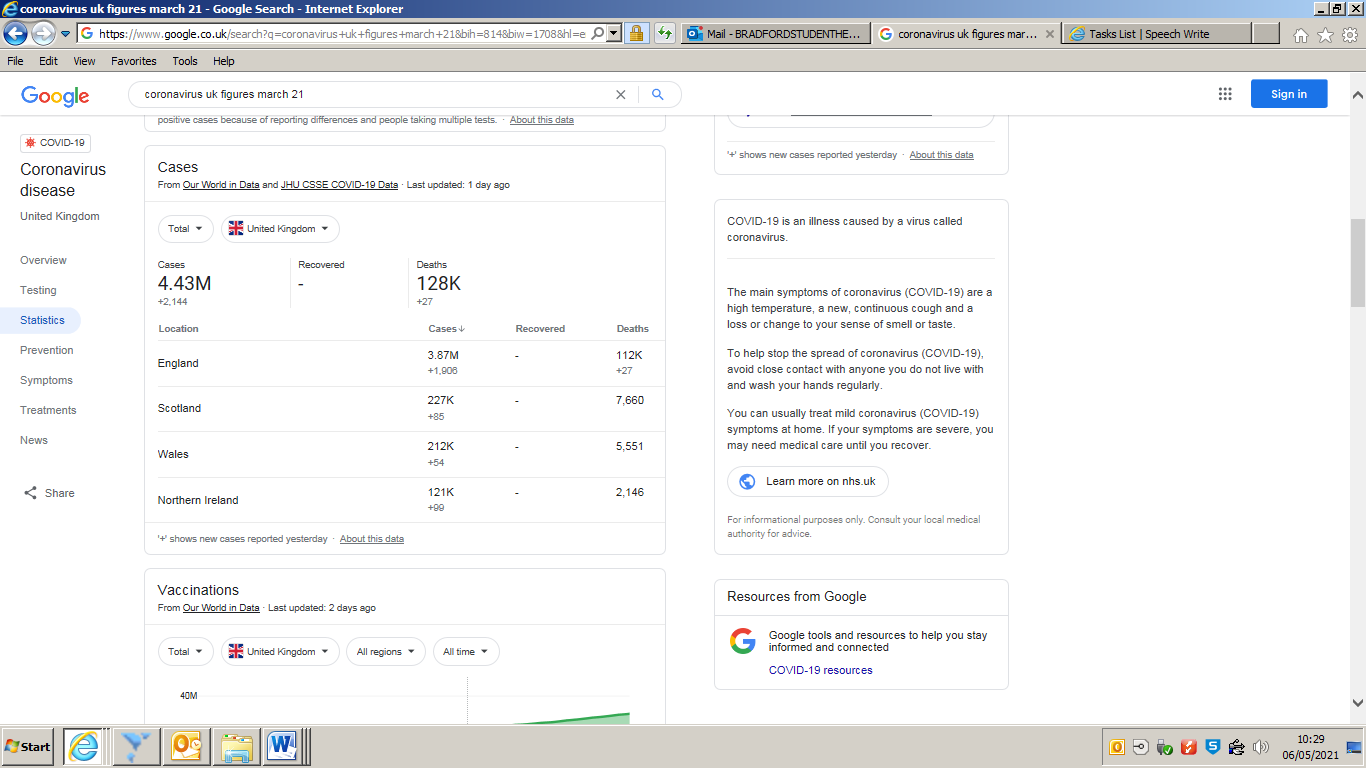
Sexual Health Clinic 01274 200024

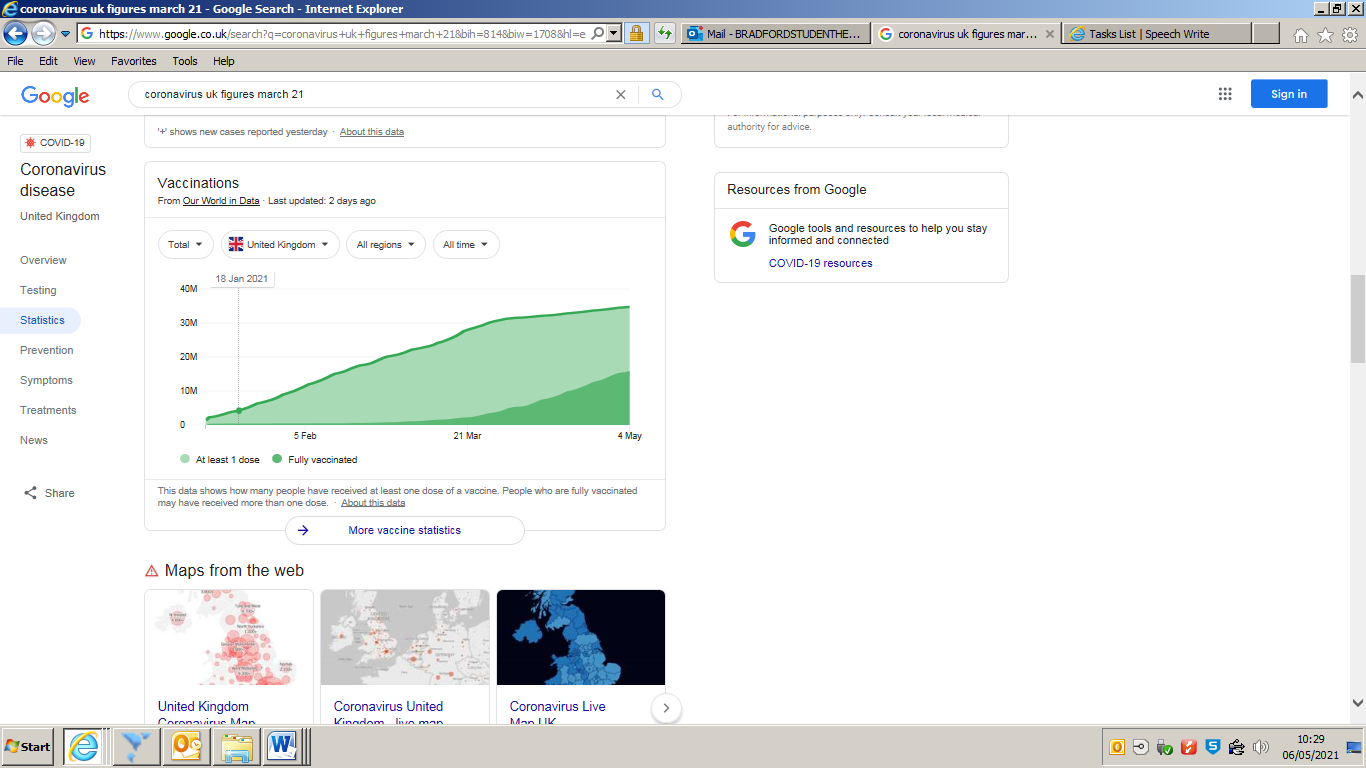
NHS [www.nhs.uk](http://www.nhs.uk/)

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Coronavirus Vaccine

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus. The COVID-19 vaccine is given as an injection into your upper arm. It’s given in 2 doses and you will have the second dose 3-12 weeks after. For more information click on the link <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine>





**Awareness Days**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiZvc3Qy6LiAhXNzYUKHe4ODqMQjRx6BAgBEAU&url=https://manchestermind.org/mental-health-awareness-week-2019/&psig=AOvVaw0sTfvVt3wgnzJM5nmb6Cp5&ust=1558183385239644)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi826C0y6LiAhUR-YUKHTIzCsYQjRx6BAgBEAU&url=https://www.brownsyork.co.uk/sun-awareness/&psig=AOvVaw3GhiV4RXQqAnas0GoQtnGc&ust=1558183226568352)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjNhdfjy6LiAhVPx4UKHa0dAB4QjRx6BAgBEAU&url=https://www.iaspaper.net/world-no-tobacco-day/&psig=AOvVaw1ZpaE4oa_dJkZcc-r5Spdw&ust=1558183432837211)

