



UK Health
Security
Agency

Vaccine communications toolkit for universities and other higher education settings

Helping to protect students from vaccine preventable infectious diseases



Partners:

a **life** for a **cure**



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Vaccine communications toolkit for universities

This toolkit was created in collaboration with the UK Health Security Agency (UKSHA), Public Health Wales, Public Health Agency Northern Ireland, Public Health Scotland, Universities UK (UUK), AMOSSHE The Student Services Organisation, Meningitis Research Foundation (MRF), Meningitis Now and A Life for a Cure — Ryan Bresnahan's Meningitis Appeal.

We need your help to ensure new and current students are aware of the free routine NHS vaccines they should be up to date with. Students can then enjoy their university experience in the knowledge they have done everything they can to protect themselves against these diseases by making sure they are up to date with any of the following routine vaccines they may have missed:

- MMR (measles, mumps and rubella) vaccine
- MenACWY vaccine (protecting against 4 types of meningococcal disease)
- HPV vaccine for female students, protecting against cervical and other cancers caused by the human papilloma virus (HPV) together with genital warts
- Td/IPV booster vaccine protecting against diphtheria, tetanus and polio

Two doses of MMR vaccine are usually offered one as a toddler and one before you start primary school. HPV, MenACWY vaccines and the Td/IPV booster are offered at secondary school. Students should check with their GP practice if they're not sure whether they have missed any vaccines.

It is really important that students in certain health risk groups have any additional vaccines they are recommended (like those protecting against flu and coronavirus (COVID-19)). Students who are gay, bisexual and other men who have sex with men are also eligible for HPV vaccine when they visit a specialist sexual health service or HIV clinic.

With lots of people newly coming together in confined environments and close mixing, universities can be hot spots for COVID-19, flu, measles, mumps and meningococcal disease as they present the perfect opportunity for infection to spread.

We are asking for your help to protect your students and vulnerable people in the community by sharing this information with your students, including during their induction period. We have created this toolkit which is full of useful information and resources to get across 3 main messages for students:

1. Help to protect your health

It is really important that young people starting or returning to university ensure that they are up to date with their vaccines and check with their GP practice if they're not sure. Ideally, students should arrange to have any vaccines they have missed before leaving for university or college. If that's not possible, they should make arrangements with their new GP as soon as they can after starting university or college. All GPs should be able to offer MenACWY, MMR, HPV and any missed dT/IPV vaccines to eligible students. Students from overseas are also eligible for these routine vaccines with similar age-related caveats.

For COVID-19 vaccine you may need to call 119 or attend a walk-in or pop-up clinic. Some GPs and pharmacies still offer COVID-19 vaccines if you are unable to attend the walk in or pop up clinics as local arrangements vary.

2. Be informed

Students should be aware that infectious diseases can spread easily in university and college communities. Ensure that they know the common signs and symptoms of meningococcal meningitis and septicaemia. It could be life-saving. Please make sure all accommodation, education and recreation settings have either a poster or stickers signposting how to look out for the signs and symptoms and how and when to get help quickly. See resource section on how to order stickers and posters. There are a range of digital assets for display screens, websites and for sharing on university social media too.

3. Get medical advice quickly

Students should make sure someone knows if they feel ill and check on friends who are unwell. They should get medical help or advice immediately if they are worried about their own or someone else's health. It is important that they know how to get that help or advice.

About the MMR vaccine and mumps and measles

Before the COVID-19 pandemic, we had an increase in measles cases across England as well as large measles outbreaks across Europe. We also had outbreaks of mumps in universities in the UK. Teenagers and young adults who have not had 2 doses of MMR vaccine are particularly vulnerable to mumps and measles.

Measles is a highly infectious viral illness that can sometimes lead to serious complications and can be fatal in very rare cases.

Mumps is a contagious viral disease and although complications are rare, they can include swelling of the ovaries or testes, meningitis and deafness.

Rubella (also known as German measles) is generally a mild rash illness but catching this during pregnancy can very seriously harm your unborn baby. Two doses of MMR vaccine can protect you against rubella for life.

The best protection against mumps and measles is to ensure you have had 2 doses of MMR vaccination. The first dose of MMR is routinely offered to all children at one year of age and the second dose is offered at 3 years and 4 months.

We know that some university and college students missed out on their MMR when they were younger – MMR uptake was as low as 80% in 2003. This means that many young people remain unprotected and we have seen measles and mumps cases and outbreaks linked to these age groups. Cases have again increased since pandemic control measures were stopped.

The MMR vaccine is available for free to any student who has not yet received both doses. If students are unsure whether they are up to date they can contact their GP to check. If they haven't had 2 MMR doses, they should arrange a free catch up vaccination as soon as possible.

About MenACWY vaccine and meningococcal disease

It is also important to remind students (and freshers in particular) to get the MenACWY vaccine if they missed this at school. This protects against meningococcal disease that can cause meningitis (dangerous swelling of the lining around the brain and spinal column) and septicaemia (blood poisoning) which can both trigger sepsis. Meningitis and septicaemia can both be fatal or cause life-changing disabilities.

The MenACWY vaccine is given by a single injection into the upper arm and protects against 4 different kinds of meningococcal bacteria that cause meningitis and septicaemia: MenA, MenC, MenW and MenY. It is usually given in school year 9 or 10 but older students born from 1 September 1996 may have been vaccinated as part of a catch up campaign.

The MenACWY vaccine does not protect against all forms of meningococcal disease, like MenB. It is therefore important that students know about signs and symptoms of this serious disease and what to do if they are worried about their own or someone else's health.

Some people carry the meningococcal bacteria without any symptoms whilst others can quickly become very ill. Rates of carriage are highest in teenagers and young adults which means they are at more risk of this disease. Meningitis and septicaemia due to an aggressive meningitis W strain previously caused an increase in cases in young people in the UK.

Students who have not yet had this vaccine should contact their GP practice to have the MenACWY vaccine before starting university or college. If that's not possible, they should have it as soon as they can after they arrive. The MenACWY vaccine is the best form of protection against these deadly diseases and is currently keeping these 4 forms of meningococcal disease at very low levels. The vaccine is available to anyone who has not had the vaccine up to their 25th birthday including overseas students.

About HPV vaccine and the cancers it prevents

Female students should have been offered 2 doses of HPV vaccine in Year 8 or Year 9 when aged 13 to 15 years at school. HPV vaccine protects against the human papilloma virus (HPV) that causes most cervical cancers and some anal, genital, mouth and throat (head and neck) cancers. It also offers protection against the most common genital warts caused by HPV.

Any female student who missed one or both doses of their HPV vaccine is eligible up to their 25th birthday and should contact their GP practice to arrange free vaccination. Herd protection due to the impact in female students has been shown to reduce HPV infections in heterosexual male students in the same age group. Male students born from 1 September 2006 are now also being offered HPV vaccine but these students will not yet be old enough to be entering university.

Students who are gay, bisexual and other men who have sex with men up to 45 years of age are also eligible for HPV vaccine when they visit a specialist sexual health service or HIV clinic. Some transgender people are also eligible for the HPV vaccine. For more detail, please see [Who should have the HPV vaccine?](#) on NHS.UK.

COVID-19 vaccines

Anyone aged 16 years and over should have 2 doses of COVID-19 vaccine at least 8 weeks apart and a booster dose 3 months from their last dose to protect them against serious disease and hospitalisation. Having the autumn booster dose is important for those in identified risk groups.

If a student has not received all their doses they should arrange to have their vaccines as soon as possible. Students will be offered the right vaccine for them, which may be the same or different from the vaccines they had before.

Whilst some people do still get COVID-19 infection after vaccination, their symptoms are usually much milder and they are less likely to have complications.

There are simple things students and staff can do in their daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. You can follow NHS advice by:

- letting fresh air in if meeting others indoors
- washing your hands regularly especially after using the toilet and before eating or preparing food
- covering your coughs and sneezes
- wearing a face covering or a face mask, particularly if you are in crowded and enclosed spaces

Students should follow the guidance in your university and town or city. Face masks can still be used in all crowded settings. In accommodation, keep bedrooms and common rooms clean and well aired by opening windows where possible especially when in groups studying, exercising indoors, in gyms for example, or entertaining.

Checklist of activity for universities and colleges

- put information on your website aimed at students and staff about:
 - the measles, mumps and MMR vaccine
 - the meningococcal disease and MenACWY vaccine
 - COVID-19 and vaccine
- put up posters in key locations including student unions and halls of residence
- involve your pastoral care or student welfare teams in getting the messages out
- use your social media channels to regularly spread the word
- use top 10 checklist to have conversations about MMR, MenACWY and other vaccines
- use screensaver, tweets and social media assets included in this toolkit on your own channels
- contact Heads of Departments, Welfare Officers, Deans, Wardens in halls of residence at start of year to alert them to their role should cases of vaccine-preventable diseases occur
- follow guidance for universities and colleges to inform about signs and symptoms and be prepared for cases of meningococcal disease
- use electronic prompts on computer network log-ins to remind students about the importance of vaccination
- encourage students to register with a GP and know the symptoms of meningitis, septicaemia, measles, mumps and COVID-19
- make students aware that they should dial 999 without delay in a medical emergency

- students who are concerned and need advice, but do not need urgent care for themselves or another student, should call 111 which is the free 24-hour non-emergency health service number in England, Scotland and Wales
- students can visit NHS111 or NHS111 Wales and NHS inform in Scotland for online support and signposting
- students who are Deaf can also contact 111 by textphone on 18001 111 or by 111 British Sign Language (BSL) interpreter service
- international students – students from abroad may have different vaccination schedules but they will be eligible for vaccination once in the UK; encourage them to register at a GP practice so they can get up to date
- utilise your student newspaper and student radio to help highlight the message
- use the NHS website MMR (measles, mumps and rubella) vaccine as a guide to respond to queries on vaccination
- use the NHS website Getting medical care as a student as a guide for student health queries

If you have further questions, please contact ukhsa-pressoffice@ukhsa.gov.uk or call 020 8327 7901.

Main messages

The main messages to be communicated to both young people and their parents are:

Be informed

Students should be aware of the symptoms of meningitis and septicaemia and tell someone if they or their friends feel unwell. You can visit [NHS.UK](https://www.nhs.uk) or [NHS inform Scotland](https://www.nhs.uk/inform-scotland) to check your symptoms.

Students need to know how to seek medical advice if they become concerned about their own or someone else's health and to do this as early as possible.

In England, Scotland and Wales you can call 111 for advice over the phone or go online to NHS111, NHS111 Wales or [NHS inform](https://www.nhs.uk/inform) in Scotland.

If you are Deaf you can also contact 111 by textphone on 18001 111 or by 111 British Sign Language (BSL) interpreter service via www.nhs.uk/111.

In a medical emergency do not delay – dial 999.

If you are deaf, have hearing loss or speech impairment, you can text the emergency services on 999, but you need to register your phone in advance. To find out more see [emergencySMS](https://www.nhs.uk/emergencySMS).

If you are unwell, tell someone, preferably someone who can check that you are ok and call for help if you are not. Stay in touch with your neighbours and look out for each other.

It is vital for students to register with a GP and get up to date with their vaccines as soon as possible.

Measles

Measles is very infectious, it can cause serious complications and, in rare cases, can be fatal.

Measles can be more severe in young people and adults, often leading to hospital admissions.

Measles starts with cold-like symptoms and sore red eyes followed by a high temperature and a red-brown blotchy rash. If you experience these symptoms, call NHS 111.

The best way to protect yourself against measles is have 2 doses of the MMR vaccine. It is never too late to get the vaccine. There are no risks to your health if you get an extra dose.

Young people are strongly advised to check if they had the MMR vaccine. They can check if they have had 2 doses of the vaccine with your GP and arrange a catch up **now** if necessary.

If a student suspects they have measles they should stay away from others for at least 4 days after the rash has appeared.

Students should call NHS 111 if they think they might have measles or have been in contact with someone who has had it.

Mumps

Mumps was circulating in England, particularly among 15 to 25 year olds before the COVID-19 pandemic hit and we expect infections to rise again once restrictions ease.

Mumps is a contagious viral infection. It can be painful and in rare cases can lead to the swelling of the ovaries, swelling of testes, meningitis and deafness.

Mumps is recognised by the painful swellings at the side of the face under the ears. However more general symptoms often develop a few days before the face swells. These can include:

- earache
- joint pain

- feeling sick
- dry mouth
- mild abdominal pain
- feeling tired
- loss of appetite
- a high temperature (fever) of 38°C (100.4°F), or above

The best way to protect yourself against mumps is have 2 doses of the MMR vaccine. It is never too late to get the vaccine. There are no risks to your health if you get an extra dose.

Anyone with symptoms should stay away from others and stay at home and not return to university until 5 days after the swelling started.

Young people are strongly advised to check if they had the MMR vaccine. Check if you have had 2 doses of the vaccine with your GP and arrange a catch up NOW if necessary.

Call NHS 111 if you think you might have mumps or have been in contact with someone who has had it.

Meningococcal disease

Meningitis and septicaemia can develop suddenly and can kill or leave people with life changing disabilities and health problems.

Meningococcal disease can be difficult to diagnose because it has been associated with other symptoms, such as severe diarrhoea and vomiting.

Symptoms of meningitis and septicaemia include: fever, aching muscles and joints, a stiff neck, severe headache and/or a blotchy rash that doesn't fade when a glass is rolled over it.

Symptoms vary and can occur in any order. The MenACWY vaccine is available free to any student who has not already had the vaccine up until their 25th birthday. This includes any student born overseas. The vaccine protects against 4 common causes of meningococcal disease – MenA, MenC, MenW and MenY but not other forms, like MenB.

Higher Education students, particularly freshers, are known to be at increased risk of meningococcal meningitis and septicaemia. Being in confined environments with close contact, such as university halls, hostels when travelling, or attending festivals, increase the chances of infection if unprotected.

If you suspect meningitis or septicaemia getting immediate medical treatment can be life-saving. Dial 999 without delay in a medical emergency.

COVID-19

Don't assume that all students are fully informed on COVID-19 and vaccine.

COVID-19 signs and symptoms often include a sore throat, cough, fever and/or loss of taste and smell but other symptoms such as diarrhoea, vomiting and cold-like symptoms can occur.

Students need to know how to seek medical advice if they become concerned about their own or someone else's health and to do this as early as possible.

Early testing can help students be informed and stop them passing on the infection to other people. Tests may still be available free of charge to students with [certain health conditions](#).

Many universities and colleges have had outbreaks of COVID-19. Make sure advice and regulations are clear to all students.

For long term protection, it is really important that students aged 18 years and older have 2 doses of COVID-19 vaccine at least 8 weeks apart and a booster dose 3 months after their last dose.

Wherever students remain eligible before arriving at university it is better to have all their doses before leaving home. This means they will be better protected when they arrive.

If they have not yet had a dose that they have been called for or should have been called for they should follow this up with their GP practice, call 119 or attend a walk-in or pop-up clinic.

Social media activity

Follow UKHSA social media accounts for updates:

- [Twitter](#)
 - #Getprotected
 - #MMR
 - #MenACWY
 - #COVIDvaccinations
 - #VaccinesWork hashtags
- [Facebook](#)
- [Instagram](#)

Twitter

Template social media posts

You can use any of the set of 5 MMR social media cards found at the UKHSA Health Publications website titled [Getting back together – social media and website graphics for freshers at university](#) to promote awareness of measles, mumps and rubella and to prompt students to have their 2 doses of MMR for the best protection. Product code: COV2021UNI

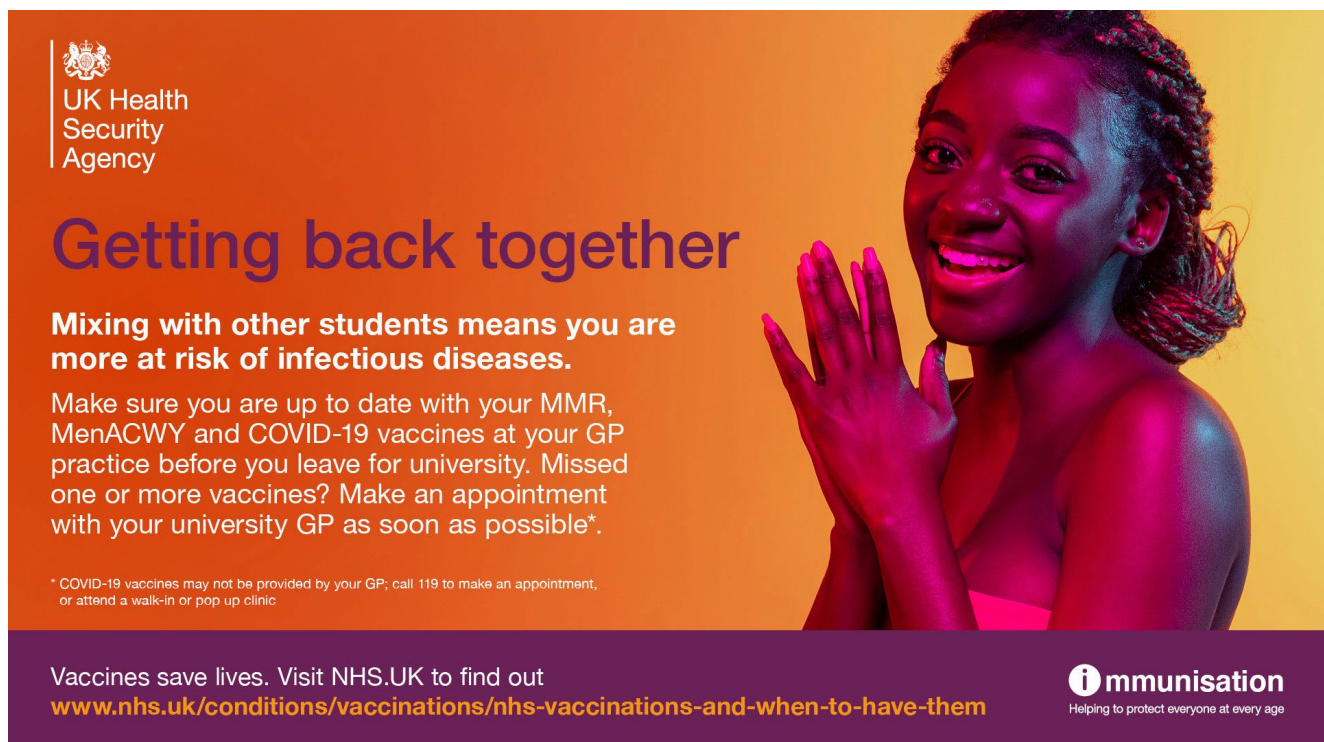
Search for measles, MMR, or further education and colleges to find all the resources including stickers, posters and leaflets for your students at [Health Publications](#) or call 0300 123 1002 to place an order. Also available by textphone on: 0300 123 1003 (lines are open 8am to 6pm, Monday to Friday). Also:


“Measles can kill and is incredibly easy to catch, especially if you are not vaccinated.”

“Even one young person missing their vaccine is one too many – if you are in any doubt about your vaccination status, ask your GP – it’s never too late to get protected [#ValueofVaccines](#).”

“Ensure you have 2 doses of [#MMR vaccine from your GP to be protected](#).”

“Serious about your studies? Get serious about vaccinations. Make sure you have [2 doses of MMR vaccine](#) to stay healthy.”




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Getting back together

Mixing with other students means you are more at risk of infectious diseases.

Make sure you are up to date with your MMR, MenACWY and COVID-19 vaccines at your GP practice before you leave for university. Missed one or more vaccines? Make an appointment with your university GP as soon as possible*.

* COVID-19 vaccines may not be provided by your GP; call 119 to make an appointment, or attend a walk-in or pop up clinic

Vaccines save lives. Visit [NHS.UK](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them) to find out
www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

 **immunisation**
Helping to protect everyone at every age

“Smart enough to get into #uni? Stay smart: make sure you have had 2 doses of [MMR vaccine](#) to stay healthy too.”

“It is never too late to have the #MMR [vaccine to protect yourself against mumps and measles](#). If you haven't received 2 doses of the vaccine in the past, or if you're unsure, talk to your GP.”

“Make sure you're university ready and are up to date with #MMR vaccine – phone your GP practice to check if you've had 2 doses [#Vaccineswork](#).”

“Going to university this September? Don't forget to get your #MMR jabs before you go – [#Vaccineswork](#).”

“Clothes, bedding, stationary, vaccines – don't forget to get the #MMR vaccine before reaching university [#Vaccineswork](#).”

“Check with your GP that you've had your 2 #MMR vaccines before going to university this September [#Vaccineswork](#).”

MenACWY

You can download the set of [MenACWY Save a life animation video and banners](#) or use Product code: MENST6 on the Health publications website.

“Students – make sure meningitis doesn't ruin your uni experience. Get the [#MenACWYvaccine](#) and protect against it.”

“Clothes, bedding, stationary, vaccines... don't forget, check you've had #MenACWY vaccine before going to university [#Vaccineswork](#).”

“Going to uni this September? Make sure you're university ready by getting your #MenACWY vaccine – phone up you're GP practice to book an appointment [#Vaccineswork](#).”

“The MenACWY vaccine protects you from 4 strains of potentially fatal meningitis and septicaemia. Students up to the age of 25 can get the vaccine for free [#Vaccineswork](#).”

Useful resources

UK-wide resources

Detailed [UK Higher Education Institutions \(HEI\) guidance for the prevention and management of meningococcal disease](#).

Meningitis Now has developed [Meningitis Aware Recognition Mark \(MARM\)](#) resources for universities. They currently have over 120 universities registered or actively engaged in the programme.

[Save a life MenACWY campaign booklet](#) available free of charge. Product code: MENBST2

Suggested communications with students about Meningococcal ACWY (MenACWY) and MMR immunisation

You can download the [MenACWY social video](#) to share on your websites, social media channels and use on screens.



A short email template

“We hope you are enjoying college or university and want to help you stay fit and well during your time here. All students who have not already done so should make sure they are up to date with vaccinations.

1. Meningococcal disease causes meningitis and/or septicaemia (blood poisoning) and can be very severe. If you are under 25 years of age and have not yet had the MenACWY vaccine please ask your GP practice about this. It protects against 4 main forms of meningococcal disease but not all, so still know signs and symptoms.
2. Don't let measles or mumps ruin your time at university. You can help to protect yourself and stop the spread by checking with your GP that you have had 2 doses of the MMR vaccine.
3. Make sure you know the main signs and symptoms of meningococcal disease (meningitis and/or septicaemia) and how to get help or advice if you or one of your friends feels very unwell, especially if you are getting worse. For more information see [Meningitis Now](#) and [Meningitis Research Foundation](#).”

Suggested SMS text message (under 160 characters)

“University urgent message to freshers: Get your vaccinations up to date, especially MMR, MenACWY and COVID-19. Check with your GP practice now.”

“Tell someone if you feel ill and look out for friends who are unwell. Get medical advice quickly if you become worried about anyone’s health.”

“Know the main signs and symptoms of meningococcal disease (meningitis and/or septicaemia) see [Meningitis Now](#) and [Meningitis Research Foundation](#).”



#Meningitis can be very serious if not treated quickly.
Know the signs and symptoms of meningitis and septicaemia:



Symptoms of meningitis and septicaemia can appear in any order and not everyone has all the symptoms. Seek medical advice quickly if you are worried, call NHS 111.

Look out for your mates. Tell someone if you or someone else is ill. Check in regularly to make sure they are OK or so that someone knows you are OK. Act fast – if someone is ill and getting worse quickly, get medical help immediately, and call **999** in a medical emergency.

#Vaccines offer the best protection. If you are a student under 25 years of age and have not yet had the MenACWY vaccine, ask your GP or visit nhs.uk to find out about MenACWY vaccine: nhs.uk/conditions/vaccinations/men-acwy-vaccine

Meningococcal disease is an important cause of meningitis and septicaemia. MenACWY vaccine is very effective against 4 common kinds of meningococcal disease but won't protect against others, like MenB.

Produced by the UK Health Security Agency, with thanks to Meningitis Now and the Meningitis Research Foundation. To order more free copies visit [health/publiclist.nhs.gov.uk](https://publiclist.nhs.gov.uk) and search for MENEST1 or call 0300 123 1002

You can use the image of the sticker in your posts. You can [download](#) it or use the QR code:



Twitter or Facebook Message

Character count – 236

“Meningitis and Measles can be very serious. If you are under 25 and in your first year at uni or college, checking you are up to date with your vaccines should be on your list of things to do. More info here [link 20 characters].”

Video – [fastest hour](#)

Character count – 20

“Meningitis can kill and kill quickly. If you are under 25 years and at uni or college, checking you are up to date with your vaccines should be on your list of things to do. More info here [link 20 characters].”

Share hyperlinks to these videos with more information

[The fastest hour](#) – short video to raise the awareness of meningococcal disease (also available in Welsh) (Meningitis Now, 1 minute).

[Hear from Sophie](#) – an ambassador for the Meningitis Research Foundation (Meningitis Research Foundation, 3 minutes).

[Hear from Charlotte](#) – short video discussing her experience of meningitis (Public Health Wales, 54 seconds)

For further links to [Meningitis Research Foundation's](#) information and resources on MenACWY please see below:

- the Meningitis Research Foundation webpage, [One life, one shot](#) covers eligibility and includes a video from our member Sharon Sandell
- also on the Meningitis Research Foundation webpage you can find [a factsheet providing detailed information about the MenACWY vaccine](#)

Resources for England

Printed copies of [MMR, MenACWY and COVID-19 leaflets and posters](#) can be ordered, designed to promote meningococcal awareness and the MenACWY vaccination programme from the Health Publications website.

There is a range of public information resources including leaflets and posters available from the [Meningococcal ACWY \(MenACWY\) vaccination programme](#) webpage.

A complete set of the ‘Save a life’ campaign resources is available to [download](#) or you can use the QR code below.



Table 1. Campaign resources

Title	Product code	Digital only	Link to order of download
MenACWY and MMR university social media cards to share on social media, websites and in texts to students.	2020328	Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwyandmmruniversitysocialmediacards
Save a life - MenACWY and signs/symptoms university sticker – order stocks to ensure all student accommodation has at least one visible	MENBST1	Free copies ready to order now. Also available in alternative formats including BSL.	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Ssavealifemenacwyandesignssymptomsunihallssticker
MenACWY back to university toolkit and social video to share on social media, websites and in texts to students.		Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwybacktouniversitytoolkitandsocialvideo
MenACWY Save a life pull up banner artwork Use this to get pull up banners for freshers week to promote and have stocks of the stickers available and given to accommodation teams.	MENBST3	Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwysavealifepullupbannerartwork

Title	Product code	Digital only	Link to order of download
MenACWY Save a life - landscape and portrait posters - university version – artwork to print locally or display digitally.	MENBST4	Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwysavealifelandscapeandportraitpostersuniversityversion
MenACWY Save a life – landscape and portrait posters – further education and college versions.	MENBST5	Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwysavealifelandscapeandportraitposterscollegeversion
MenACWY Save a life animation video and banners.	MENST6	Yes	https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smenacwysavealifeanimationvideoandbanners

In addition there are [resources on rubella](#) and the importance of ensuring you are up to date with your MMR vaccines to make sure you are protected against rubella if you could get pregnant.

Flyer and poster for women in general but especially those planning pregnancy or already expecting, on protection against rubella (German measles).

Paper copies of these resources are available free to order from the Health Publications order line using the product codes below:

- [flyer \(product code 403846\)](#)
- [poster \(product code 403847\)](#)

Further information is available in the [Thinking of getting pregnant?](#) leaflet.

[MenACWY and MMR university social media cards](#) for instagram or twitter (examples below) are available to download from the Health Publication website.

Further resources are available for universities and further education including colleges, [free of charge from the Health Publications ordering website](#).

If you have not already registered your university or college it is quick and easy to do so.

UK Health Security Agency

Getting back together

Mixing and living in halls means you are at more risk of infectious diseases.

Missed your free routine MMR, MenACWY or COVID-19 vaccines? Make time to check with your university GP and arrange to have them*. **Don't let infectious disease spoil your time at university.**

* COVID-19 vaccines may not be provided by your GP, call 119 to make an appointment, or attend a walk-in or pop up clinic.

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

immunisation
Helping to protect everyone at every age

UK Health Security Agency

Getting back together

Mixing with other students means you are more at risk of infectious diseases.

Make sure you are up to date with your MMR, MenACWY and COVID-19 vaccines at your GP practice before you leave for university. Missed one or more vaccines? Make an appointment with your university GP as soon as possible.

COVID-19 vaccines may not be provided by your GP, call 119 to make an appointment, or attend a walk-in or pop up clinic.

NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

immunisation
Helping to protect everyone at every age

UK Health Security Agency

Getting back together

More face to face means there is a higher risk of catching and passing on infectious diseases, such as COVID-19, measles and meningitis.

Make sure you have had your 2 doses of MMR and 2 doses and a booster of COVID-19 vaccines. You should have had a single dose of MenACWY vaccine if you are under 25. They are free to all eligible students.

COVID-19 vaccines may not be provided by your GP, call 119 to make an appointment, or attend a walk-in or pop up clinic.

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

immunisation
Helping to protect everyone at every age

UK Health Security Agency

Getting back together

Before leaving for university

- Check you are up to date with vaccines
 - 2 doses of MMR vaccine
 - 1 dose of MenACWY vaccine
 - 2 doses and a booster of COVID-19 vaccine
- Know the signs and symptoms of meningitis and septicaemia
- Know how to seek

Once you get to university you should

- register with a GP as soon as you can – don't wait until you have a problem
- arrange with your GP to catch up on any vaccines* you have missed

* COVID-19 vaccines may not be provided by your GP, call 119 to make an appointment, or attend a walk-in or pop up clinic.

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

immunisation
Helping to protect everyone at every age

UK Health Security Agency

Getting back together

for university

- 2 doses of MMR vaccine
- 1 dose of MenACWY
- 2 doses and a booster of COVID-19 vaccine
- know the signs and symptoms of meningitis and septicaemia
- know how to seek medical advice

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

immunisation
Helping to protect everyone at every age

NHS pages to link to

Advice and information is available on the NHS website

[NHS meningitis](#)

[NHS MMR \(measles, mumps and rubella\) vaccine.](#)

[NHS Coronavirus \(COVID-19\)](#)

[COVID-19 vaccination resources](#)

Resources for Northern Ireland

An [information leaflet](#) on symptoms of meningococcal disease and the ACWY Vaccine Programme is available from Public Health Agency (PHA).

Resources for Scotland

There are a range of resources available in various formats for the public on [NHS inform](#). The [vaccines for students campaign](#) is available on NHS inform

Information for professionals and other organisations can be found on Public Health Scotland's [immunisation pages](#).

The [Public Health Scotland 'Vaccines for Students' stakeholder toolkit](#) is available to download from the Scottish Government's Marketing Resource Centre. This toolkit for universities and colleges has been produced to help emphasise these important messages with signposting to Scottish contacts and support.

For more information or to discuss the toolkit, please email:
p hs.screeningandimmunisation@p hs.scot

Follow Public Health Scotland to keep up to date with the latest messages:
[Twitter @P H S Official](#)
[Instagram @publichealthscotland](#)

Resources for Wales

Universities and colleges will be able to access Wales-specific social media assets aimed at students in English and Welsh via the [Public Health Wales student vaccinations communications toolkit](#).

Public Health Wales has information on all vaccinations available for young people in Wales in English and Welsh on [the Public Health Wales website](#).

UK Health Security Agency blogs

- [Why we still see measles outbreaks in the UK](#)
- [Five avoidable health threats every student should know about](#)

About the UK Health Security Agency

UKHSA is responsible for protecting every member of every community from the impact of infectious diseases, chemical, biological, radiological and nuclear incidents and other health threats. We provide intellectual, scientific and operational leadership at national and local level, as well as on the global stage, to make the nation's health secure.

[UKHSA](#) is an executive agency, sponsored by the [Department of Health and Social Care](#).

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Version 4

Prepared by: Immunisation and Vaccine-Preventable Diseases Division

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Published: January 2023

Publishing reference: GOV-14070



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