



Your Health and Safety

Please take the following simple steps to ensure your safety:

- Try not to walk alone after dark. If you do have to, stay on well-lit main roads as much as possible. Please do not take short cuts which will take you down alleyways or across churchyards.
- Licensed minicabs are not permitted to stop and pick you up on the street. For your safety, you should always book a taxi with a local company. It can be difficult to get a taxi late at night during the weekends so we would advise you to book your return taxi in plenty of time.
- Try not to use your mobile phone where you can be easily seen. It is better to go to a quieter place and use your phone discreetly.
- We would advise you to avoid carrying large sums of cash and ensure that your keys and credit cards are in a safe place.
- Remember that we drive on the left in Britain; take care when you are crossing the road.

Health Advice

The Doctors and Hospitals

- For minor illnesses, you should go to a chemist and ask the pharmacist for advice.
- If you are an EU citizen, you are entitled to medical treatment under the National Health System. You should present form E111 when you ask for treatment.
- If you are not an EU citizen and are here for less than 6 months, you will have to pay for medical care.
- Students with visas for 6 months or more are also entitled to use the National Health Service. You will need to register with a GP (General Practitioner). We would advise that you ask your homestay hosts for the details of their GP. Any medicines which are prescribed by a Doctor must be collected from a chemist (Boots in Margate). There is a charge of around £6.00 per item.
- In an emergency, please go the Accident and Emergency department of the hospital in Margate. Cases are seen in order of how urgent they are so you may have a long wait for a minor injury or illness.

Dentists

In an emergency, please ask your homestay hosts to help you to make an appointment with their dentist. You will have to pay for dental care.