The beginning of the academic year is an exciting time as people from around the globe come to Leeds to study, work and live.

The current Ebola outbreak in West Africa highlights the importance of helping to reduce the spread of infectious disease. Whilst the risk of catching and transmitting the Ebola virus is extremely low, this is not the case for all infections.

You can reduce the risk of catching and transmitting infectious diseases for yourself and others by:

- Following some basic rules of hygiene; for general guidance visit [www.wash-hands.com](http://www.wash-hands.com)

- Making sure you register with a local doctor’s surgery. You can register with the [Leeds Student Medical Practice](http://www.wash-hands.com) directly or at the Student Services Centre during Freshers’ week.

- Contacting your doctor’s surgery if you feel unwell and in particular if you have a fever and are also suffering from headache, muscle and joint pains, or a rash. Do this initially by telephone. If you have recently been overseas where endemic infections are present, tell your doctor immediately.

Don’t forget to notify the University if you are going to be absent from your studies as soon as possible after seeing your doctor. To find out how do this, see either the [Taught Student Guide](http://www.wash-hands.com) or [Research Student Handbook](http://www.wash-hands.com).

For information on specific diseases visit the World Health Organisation website at [www.who.int/en](http://www.who.int/en)