INTERNATIONAL STUDENTS HEALTH INFORMATION

INTERNATIONAL UNIVERSITY OF APPLIED SCIENCES

To help you settle into everyday life and study successfully in Germany, we would like to provide you with some important information about the German healthcare system and health protection.

Health Insurance

Health insurance is mandatory in Germany.

Please make sure that:
- your health insurance is active and valid in Germany
- you always carry your insurance card with you
- your contact details are up to date

Without valid health insurance, medical treatment can become very expensive.

Family Doctor ("Hausarzt")

In Germany, the first contact person when you are sick is usually your family doctor ("Hausarzt").

Examples: fever, cough, infections, headaches, stomach problems, vaccinations

The family doctor can:
- examine you
- prescribe medication
- issue sick notes
- refer you to specialists if needed

IMPORTANT: Medical consultations as well as most medically recommended vaccinations are generally covered by health insurance in Germany. The exact services covered depend on your individual health insurance plan. Please contact your health insurance provider or your doctor directly for further information.

Specialists and Hospitals

Specialists ("Fachärzte") are doctors for specific medical topics, e.g.:
- dermatology
- gynecology
- orthopedics
- psychiatry

Hospitals and emergency rooms are only intended for serious or urgent medical emergencies.

Emergency Numbers

Important emergency contacts in Germany:
- Police: **110**
- Ambulance/Fire Department: **112**
- Medical on-call service (non-emergency doctor): **116117**

Call 112 only in serious emergencies.

Vaccination Protection

Please check your vaccination status regularly. Recommended standard vaccinations in Germany are based on the recommendations of the Robert Koch Institute (RKI).

Important vaccinations include:
- measles
- tetanus
- diphtheria
- polio
- hepatitis
- COVID-19
- influenza

A good vaccination status helps:
- protect your own health
- prevent infections
- avoid longer absences during your studies

Infectious Illness

If you have symptoms such as:
- fever
- vomiting
- severe cough
- rash
- suspected contagious disease

please:
- stay at home if possible
- avoid close contact with others
- contact a doctor early

This helps protect fellow students and staff members.

Pharmacies (“Apotheke”)

Pharmacies can help with:
- medication
- minor illnesses
- health advice

Many medications in Germany require a prescription and are covered by health insurance.

Health & Safety at IU

IU supports a safe and healthy study environment.

If you have questions about:
- infectious diseases
- emergency procedures

IMPORTANT FOR IU STUDENTS

Both Berlin and Cologne offer:
- many English-speaking doctors
- emergency medical services
- international healthcare support
- pharmacies near campus locations

Please familiarize yourself early with nearby medical services and emergency contacts.