

Here is a recap of how you should address the health problems you may have during your stay in Rennes

**Pharmacies:** you can go to the pharmacy to get advice on minor health problems and how to treat them (cold, sore throat, minor injury...). You can buy over-the-counter medicines (these medicines are not reimbursed by the health insurance). Pharmacies close on Sundays. There is a “duty” system, and a few pharmacies are open on Sundays. There is often a list of open pharmacies on the door of those that are closed. The Police station (dial 17) can also give you information about open pharmacies at night, on Sundays and public holidays



**The SSE:** this is a specialized health service of the university. You can go there for any question regarding your health. There are general practitioners, gynecologists, psychiatrists, nutritionists, tobacco addiction specialists.

The office is open from 8:30 to 5:00 pm from Monday to Friday. Phone number: 02 23 23 55 05 (<https://simpps.univ-rennes.eu/missions>)

**Doctors:** general practitioners see patients who have made an appointment previously. For students who cannot explain their symptoms or understand the doctor’s explanations in French, here is a (small) list of doctors who have registered on this website as English-speaking doctors:

<http://englishspeakingdoctors.weebly.com/rennes.html>

**Outside doctors' opening hours,** you may call SOS Médecins: 02 99 53 06 06. You can make appointments to visit them in one of their offices (see website) or ask for a house call.

<http://www.sosmedecinsrennes.fr/>



**For any big emergency** you can call

- the Firemen, whose duties are also to rescue people with very serious health problems or injuries : dial 112
- the SAMU : dial 15 (emergency medical help services)

You may call emergency numbers even if you have no credit left on your cell phone.

In both cases, you will probably end up at the Pontchaillou CHU hospital (see info about it)

**Emergency room:** when something really serious arises, and you cannot get help from *SOS médecins* or doctors, you may go to the emergency room of Pontchaillou hospital. Be ready for long hours of waiting... Pontchaillou is in the western part of Rennes, you can take the metro to go there (get off at the **Pontchaillou station**, and follow the signs). This is a CHU (for Centre Hospitalier Universitaire), which means that you will be examined by junior doctors in training, supervised by specialists and various highly qualified staff.