

## Student Health Services

### Health History Form

The purpose of the health information we require is to assist our health-care providers in giving you the most appropriate care while you are at The University of Scranton. In addition, it helps to ensure that you are properly immunized, reducing the risk to you and to our campus community of infection from vaccine-preventable illnesses.

Please complete the two-page Health History form before you see your health-care provider (physician or nurse practitioner). He/she should complete the Physical Examination form, review and update immunizations, and complete and sign the Immunization Record form. An information sheet listing immunization requirements and recommendations has been included for reference by you and your health-care provider.

**Please return completed forms in the envelope that came with your Forms Forms Forms letter to Student Health Services by August 1.**

### Confidentiality of Health Information

Student Health Services at The University of Scranton is committed to protecting the confidentiality of your health information. Health information is used to provide quality medical treatment to you and to comply with certain legal requirements. No information will be released to anyone, within or outside the University community, without the express (usually written) consent of the student. Exceptions include emergency situations or in response to court or administrative order.

### Health Insurance Information

**All the health services offered on campus are covered by University fees.** Student Health Services does no third-party billing. However, care by community providers such as laboratory, X-ray, private physicians or specialists in the community, hospital emergency department visits or hospital admission are subject to insurance coverage or private payment. **All students must be covered by adequate health insurance. Please make a photocopy of your health insurance membership information and attach it to your Health History Form, which is due by August 1.** It is important that you understand how your insurance coverage protects you while you are away at college, how to access that coverage and if there are any restrictions that apply to any type of care.

### Alternative Insurance Coverage

Information regarding an alternative insurance plan available for students who do not have insurance coverage or coverage that is inadequate to meet your needs while away from home at college will be provided at your request. We urge you to carefully review your present coverage as well as the information

regarding this alternative plan. Expenses associated with unexpected serious illness or injury can have great impact on college financial plans if health insurance coverage is absent or inadequate.

## Immunization Requirements and Recommendations

### MMR (Measles, Mumps, Rubella)

Two doses of MMR are required. The first dose should have been administered at age 12 to 15 months of age or later, and the second dose at age 4 to 6 years or later. This is required of all entering college students born after 1956. If measles, mumps and rubella vaccines were given separately at age 12 to 15 months, a second dose of measles vaccine is required at age 4 to 6 years or later.

**Major Precautions:** Pregnancy, history of anaphylactic reaction to eggs or neomycin, or immunosuppression. MMR is appropriate for HIV-antibody-positive persons.

### Tetanus-Diphtheria

All entering college students must have received the primary series in childhood with DtaP or DTP (diphtheria, tetanus toxoid, and acellular [whole cell] pertussis), a booster at age 11 to 12 years with Tdap, and then every 10 years.

**Major Precautions:** History of a neurologic hypersensitivity reaction following a previous dose.

### Polio

The primary series must have been completed in childhood with IPV alone, OPV alone, or IPV/OPV sequentially. A booster is needed only for international travel to certain areas after the age of 18.

**Major Precautions:** OPV should not be given to immunocompromised or HIV-antibody-positive persons.

### Varicella (Chicken Pox)

All students who do not have a history of having had the disease or age appropriate immunization should have two doses given at least one month apart, if over the age of 13 years.

**Major Precautions:** Pregnancy

### Hepatitis B

All entering students should have begun the three-dose (dose one, then dose two at 1 to 2 months, and the third at 6 to 12 months) series of Hepatitis B immunization. Completion of the series is required for *all* students enrolled in health-related majors such as nursing, physical therapy and occupational therapy before they go into clinical areas.

**Major Precautions:** None

## Tuberculosis Screening

The American College Health Association has published guidelines on tuberculosis screening of college and university students. These guidelines are based on recommendations for the Centers for Disease Control and the American Thoracic Society. For more information, visit [www.acha.org](http://www.acha.org) or refer to the CDC's Core Curriculum on Tuberculosis, available at state health departments or online at [www.cdc.gov/nchstp/tb/pubs/corecurr](http://www.cdc.gov/nchstp/tb/pubs/corecurr).

Categories of high-risk students include those students who have arrived within the past five years from countries where TB is endemic. It is easier to identify countries of low rather than high TB prevalence. Therefore, students should undergo TB screening if they have arrived from countries other than Canada, Jamaica, Saint Kitts and Nevis, Saint Lucia, United States, U.S. Virgin Islands, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Malta, Monaco, Netherlands, Norway, San Marino, Sweden, Switzerland, United Kingdom, American Samoa, Australia or New Zealand.

Other categories of high-risk students include:

- those with HIV infection;
- those who inject drugs;
- those who have resided in, volunteered in, or worked in high-risk congregate settings such as prisons, nursing homes, hospitals, residential facilities for patients with AIDS, or homeless shelters;
- those who have clinical conditions such as diabetes, chronic renal failure, leukemias or lymphomas, low body weight, gastrectomy and jejunoileal by-pass, chronic malabsorption syndromes, prolonged corticosteroid therapy (e.g., prednisone  $\geq$  15 mg/d for  $\geq$  one month), or other immunosuppressive disorders.

If the student is a member of any of the risk groups or is entering the health professions, place tuberculin skin test (Mantoux only: Inject 0.1 ml of purified protein derivative [PPD] tuberculin containing five tuberculin units [TU] intradermally into the volar surface of the forearm.) A history of BCG vaccination should not preclude testing of a member of a high-risk group. Please interpret and record results at 48 to 72 hours after the injection.

## Meningococcal Immunization

*Pennsylvania law now requires students enrolled in Pennsylvania institutions of higher education (including The University of Scranton) residing in residence halls or other University owned housing be vaccinated against meningococcal disease.*

Students who wish to be exempt from this requirement must meet the following conditions: the student (or parent/legal guardian in the case of students under the age of 18 years), after having been advised of the risks of the disease and the availability and effectiveness of the vaccine, must sign a written waiver (to the right) stating that he or she has reviewed the information and has chosen not to be vaccinated against the disease for religious or other reasons.

It is also recommended that other students who wish to reduce their risk consider vaccination.

## Overview of Meningococcal Disease and Immunization

### *What is Meningococcal disease?*

Meningococcal disease is a rare but life-threatening infection caused by the bacterial organism *Neisseria meningitidis*. It is most commonly manifested as either meningococcal meningitis, an inflammation of the membranes surrounding the brain and spinal cord, or meningococemia, a presence of the bacteria in the blood. Research conducted by the American College Health Association and federal Centers for Disease Control has shown a sixfold increase in risk for this disease in college students during the 1990s, particularly first-year students living in college residence halls. Data suggest that certain social behaviors, such as exposure to passive and active smoking, bar patronage and excessive alcohol consumption, may increase students' risk for contracting the disease.

### *Is meningitis contagious?*

Yes, some forms of bacterial meningitis are contagious. The bacteria are spread through the exchange of respiratory and throat secretions (e.g., coughing, kissing). Fortunately, none of the bacteria that cause meningitis are as contagious as things like the common cold or the flu, and they are not spread by casual contact or by simply breathing the air where a person with meningitis has been.

### *About Meningococcal vaccines*

Meningococcal vaccines protect against most types of meningococcal disease, although they do not prevent all cases. There are two kinds of vaccines that protect against *Neisseria meningitidis* available in the United States: meningococcal polysaccharide vaccine (Menomune®), and meningococcal conjugate vaccine (Menactra® and Menveo®). The Advisory Committee on Immunization Practices (ACIP) recommends routine vaccination with quadrivalent meningococcal conjugate vaccine at age 11 or 12 years, with a booster dose at age 16 years. Adolescents who receive their first dose of meningococcal conjugate vaccine at or after age 16 years do not need a booster dose. Meningococcal vaccines have been demonstrated to be safe. As with all vaccines, however, some reactions (e.g., soreness or redness at the injection site for one or two days) can occur, and no vaccine is guaranteed to protect 100% of individuals. Persons with known hypersensitivity to any component of the vaccine should not be vaccinated. Persons with acute illness with fever (101° or higher) should delay vaccination.

### *How can students receive vaccination?*

Most students arrange for immunization privately with their family physician or clinic as part of the required preadmission physical examination. Menactra® will be available at Student Health Services for those who are unable to obtain it prior to coming to the University in the fall. Contact Student Health Services for details.