Dear Student:

Welcome to East Stroudsburg University. Your Health History is important and will aid in providing health care while you are enrolled. Carefully complete the enclosed health form and mail it to us as soon as possible. If you are being treated for any health condition, please ask your medical provider to send a summary for inclusion in your health record.

Health Services strongly recommends that you submit the Report of Medical History form, which includes your immunization history prior to entrance to the university. There are many areas of study that will require this information during your course of study including education, the health sciences, (such as nursing, psychology, speech and hearing, athletic training, and exercise science), and many internships and academic placements. We recommend that you gather this information and submit it before your begin to avoid postponements in your class schedules.

Pennsylvania law requires all students residing in university owned housing to have received meningitis vaccination or be informed of the risks and benefits of the vaccine. This is to be completed when you submit your housing application.

The entire medical form is REQUIRED for International Students

Due:
Fall Semester – July 5
Spring Semester – January 1

Intercollegiate Athletics Physical Examination is Required
For Tryouts and Participation

Due:
Fall Semester – July 21
Spring Semester – January 1

Please visit the health center to find out about the health services that you will be entitled to as an East Stroudsburg University student. Our services are available to commuter and on-campus students. If you have any questions and/or health related concerns, please feel free to call, write or visit the Health Center.

Sincerely,

University Health Services Staff

1/10/13
IMMUNIZATION HISTORY

The Immunization Record is located on the second page of the Report of Medical History form. It is to be completed by your family physician or by enclosing a copy of an official record of immunization (example: high school record). A copy of a reactive titer test is acceptable in lieu of immunization dates for Measles, Mumps, Rubella, Hepatitis B, and Varicella. The Immunizations listed below are required for International Students prior to entrance to the university. (These are also requirements for many academic areas of study including, but not limited to, education majors and health science majors)

MMR (measles, mumps, and rubella) two doses of vaccine if born after 1956. (Or two doses of each vaccine given individually.)

Td (Tetanus/Diphtheria) Primary series in childhood, and a booster every 10 years. Recommend Tdap vaccine.

Polio Primary series in childhood

Hepatitis B Series of 3 doses

Varicella (Chickenpox) History of disease, or, 2 doses of vaccine

TB (Tuberculosis test) TB testing is to be completed by PPD or Quaniferon gold standard. A copy of a chest x-ray report must accompany all positive testing.

Meningitis Meningococcal Quadrivalent (Serogroups A, C, W-135 and Y) one dose after age 16

The Pennsylvania College and University Student Vaccination Act passed in 2002 requires ALL students living in university-owned housing to be immunized against meningitis or sign an informed declination statement. (Completed in application for housing)

East Stroudsburg University

Meningitis Information

June 28, 2002, Pennsylvania passed legislation (Senate Bill 955) requiring all students living in university residence halls/housing, to either have the vaccine or sign a declination statement after having received information concerning the benefits of receiving the meningitis vaccine.

College students are at increased risk for meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningitis. In fact, freshmen living in residence halls are found to have a six-fold increased risk for the disease. The American College Health Association (ACHA) and the Center for Disease Control and Prevention (CDC) recommend that college students, particularly students living in residence halls, learn more about meningitis and vaccination. At least 70% of all cases of meningococcal disease in college students are vaccine preventable.

- **What is meningococcal meningitis?** Meningitis is rare but when it strikes, this potentially fatal bacterial disease can lead to swelling of fluid surrounding the brain and spinal column as well as severe and permanent disabilities, such as hearing loss, brain damage, seizures, limb amputation and even death.

- **How is it spread?** Meningococcal meningitis is spread through the air via respiratory secretions or close contact with an infected person. This can include coughing, sneezing, kissing or sharing items like utensils, cigarettes and drinking glasses.

- **What are the symptoms?** Symptoms of meningococcal meningitis often resemble the flu and can include high fever, severe headache, stiff neck, rash, nausea, vomiting, lethargy and confusion.

- **Who is at risk?** Certain college students, particularly freshmen who live in residence halls, have been found to have an increased risk for meningococcal meningitis. Other undergraduates should also consider vaccination to reduce their risk for the disease.

- **Can meningitis be prevented?** A safe and effective vaccine is available to aid in protection against four of the five most common strains of the disease (A/C/Y/W-135). Adverse reactions to the meningitis vaccine are mild and infrequent, consisting primarily of redness and pain at the injection site and in rare cases, a fever. As with any vaccine, vaccination against meningitis may not protect 100 percent of all susceptible individuals. *The vaccine does not protect against viral meningitis.*

- **Why is a booster shot being recommended now?** When MCV4 was first recommended for adolescents in 2005, the expectation was that protection would last for 10 years; however, currently available data suggest it wanes in most adolescents within 5 years. Based on that information, a single dose at the recommended age of 11 or 12 years may not offer protection through the adolescent years at which risk for meningococcal infection is highest (16 through 21 years of age). If we didn’t recommend a booster dose, adolescents at highest risk would not be well protected.

For more information: to learn more about meningitis and the vaccine visit the Flagler-Metzgar Health Center or call (570)422-3553. You can also visit the websites of the Centers for Disease Control and Prevention (CDC), [www.cdc.gov/ncidod/dbmd/diseaseinfo](http://www.cdc.gov/ncidod/dbmd/diseaseinfo), and the American College Health Association, [www.acha.org](http://www.acha.org). Contact your family physician to find available vaccination centers.