Dear Student:

Welcome to East Stroudsburg University. It is a University requirement that all undergraduate, transfer, and international students, prior to matriculation, regardless of age, submit a complete Report of Medical History. This report includes your health history, a medical examination by your physician (M.D. or D.O.), tuberculosis testing if indicated, and your complete and up-to-date immunizations. The completed form must be returned to Health Services according to the schedule listed below.

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.

Students are not permitted to move into university owned residence halls, apartments or houses without having previously filed a completed Report of Medical History form (which includes all immunization information). This form is due back to University Health Services:

<table>
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<th>Period</th>
<th>Date</th>
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<tr>
<td>Fall Semester</td>
<td>July 5</td>
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<td>Spring Semester</td>
<td>January 1</td>
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<td>Summer Sessions</td>
<td>April 30</td>
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If you should fail to submit the Report of Medical History, a hold will be placed on your record. University transactions will not be allowed to occur such as drop/add, scheduling classes, registration, etc.

The form will be returned to you if it is incomplete or fails to meet the enclosed standards.

Once you have submitted a completed form, please stop by 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
IMMUNIZATION REQUIREMENTS

The Immunization Record is located on the second page of the Medical History Report. It must be completed in its entirety per requirements listed below. This must be filled out either 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.

IT IS A UNIVERSITY REQUIREMENT THAT IMMUNIZATIONS BE COMPLETED AS STATED BELOW

A. TETANUS-DIPHTHERIA: All entering students should have received a primary series of DPT, DT, or Tdap and a booster within the past ten years.

B. MMR (Measles, Mumps & Rubella): If MMR is given instead of individual vaccines, the entering student must have the first dose given at 12 months of age and a 2nd dose at school entry or later. If born after 1956, all students must have 2 doses of measles and mumps vaccines. Either MMR or MR or single antigen measles vaccine is acceptable. Laboratory evidence of immunity is acceptable (Titer).

C. MEASLES (Rubeola): All entering students born after 1956 must have two doses of the live virus measles vaccine, the first dose given at 12 months of age or later and the second dose at school entry or later. If the vaccine is received at other than the suggested schedule, the two doses must be received at 12 months of age or later and be separated by at least one month.

D. RUBELLA: All entering students should have one dose of live virus rubella vaccine given at 12 months of age or later, or show laboratory evidence of immunity (Titer). MMR, MR or single antigen rubella vaccine is acceptable.

E. MUMPS: All entering students should have received two doses of mumps vaccine given at 12 months of age or later. Mumps vaccine is included in the MMR vaccine. Laboratory evidence of immunity is acceptable (Titer).

F. TUBERCULOSIS: Students may be exempt from TB testing if determined by their medical provider (MD, DO, PA, NP) not to be at high risk for tuberculosis. Non-US born students, international students, and high risk students may not be exempt. TB testing is required for health and education related majors. TB testing is to be completed by PPD or Quaniferon gold standard.

G. POLIO: All entering students must have completed the polio series. Laboratory evidence of immunity is acceptable (Titer).

H. MENINGITIS: It is recommended that students have vaccination within two years of entering college (either a booster or an initial vaccination). If a student did not have the vaccination or had it more than two years ago they should note this on the form and sign the waiver if they chose not to have a booster vaccine.

I. HEPATITIS B: 3 doses prior to college entry. Laboratory evidence of immunity is acceptable (Titer).

J. VARICELLA (Chicken pox): 2 Doses at least three months apart. Laboratory evidence of immunity is acceptable (Titer).
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 Protection (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.