

Holzer Student Health Center Vaccination Information

MMR - All students born on or after 1/1/57 need to provide proof of two measles (Rubeola) and one German Measles (Rubella) immunization. These immunizations must have been given on or after 1/1/68 and on or after the first birthday. The 2nd measles (Rubeola) immunization must be given 30 days or more after the first one. A positive titer (blood test) for Measles (Rubeola) and German Measles (Rubella) antibodies is acceptable proof. These are the only required immunizations for entrance to the university.

Tetanus is usually given as a tetanus/diphtheria combination shot called Td. This is recommended every 10 years routinely or within 5 years for contaminated or deep puncture wounds. A skin test for tuberculosis called a PPD is also advisable at this time.

Bacterial Meningitis – Young adults between the ages of 17 – 24 are at increased risk of developing a severe form of bacterial meningitis called meningococcal meningitis. This bacterial infection, although rare, may cause severe neurologic impairment, partial extremity amputations or even death (10-13% mortality rate). Freshman living in dormitories, bar patronage, and exposure to alcohol and cigarette smoke further increase the risk of infection within this age group. The incidence in young adults is 1 case per 100,000. For freshman living in dormitories it is 3.8 per 100,000. There are 5 different subtypes (called Serogroups) of the bacterium that causes meningococcal meningitis (Serogroups A, B, C, Y and @-135). The current vaccine does not stimulate protective antibodies to Serogroup B, but does against the remaining 4 types. In the past, Serogroup B caused about 50% of the cases of meningococcal meningitis in the U. S. but more recently, it has decreased to about 27th or less, making vaccination more protective. The vaccine lasts 3-5 years of longer and is extremely safe. It has been used the military and among foreign travelers for over 20 years with excellent safety.

Hepatitis B - is a serious, viral, liver infection, prevalent worldwide, that can lead to chronic liver disease and liver cancer. The State of Florida has instituted a requirement for all school age children to complete the 3 shot series, but older students or out of state students are not likely to be familiar with this recommendation. The hepatitis B vaccine is extremely safe and effective and is required for any individual who may possibly be exposed to blood or other body fluids in their line of work or through sexual contact. If you are not immunized against hepatitis B we highly recommend you consider getting this vaccine or discussing it with you health care provider.

The American College Health Association, the Centers for Disease Control, and the State of Florida recommend that students consider getting the Menomune and Hepatitis B vaccine. In fact, the State of Florida now requires every student living in a residence hall to receive immunizations for meningitis and hepatitis B or to formally decline by signing a waiver acknowledging the risks of acquiring these infections.

Chicken Pox (Varicella) - is not uncommon among college students who have not yet experienced this childhood illness. Varicella vaccination is available and is highly recommended for all children, adolescents and young adults who are susceptible to this viral disease. It is given as a 2 shot series, 1 – 2 months apart. The vaccine is generally well tolerated; 3 – 5% may experience a mild, varicella-like rash or low-grade fever, but complications are rare.

Hepatitis A - another viral illness affecting the liver, is especially prevalent in developing countries and is most often transmitted via contaminated food and water, numerous outbreaks occur throughout the United States and will likely continue and possibly increase in the next decade. Though not a cause of chronic liver disease, adults who develop hepatitis A can be extremely ill and lose significant school or work time during the course of an infection. The vaccine is also very safe and is given as a 2 shot series, 6 months apart. It is essential for anyone planning travel to developing countries, but may be a good investment in your health even in the U.S.

Influenza – Yearly Flu shots (early October to mid November) are also recommended for everyone, but are especially indicated for anyone with asthma, chronic heart or lung disease, diabetes or other health problems which compromise the ability to fight infections. Pneumovax, the “pneumonia vaccine,” may also be recommended for these same individuals.

*Preventing any of these diseases is highly desirable
and is best accomplished with vaccination.
Consult your health care provider
or contact the Holzer Student Health Center
for further information.*