

Measles

Public health officials have issued new guidelines for the prevention of measles. They are recommending a second measles vaccination be administered where previously a single dose was the recommended amount. Contact with local physicians supports this need for a second dose.

Given this information, we require your son or daughter to have this second vaccination at the time he/she completes our physical examination. This second dose can then be recorded in the appropriate area on required immunizations. If you are current and have already had a second measles vaccination, disregard this notice.

Chicken Pox Vaccine

Some people (13 or older) who have not had chicken pox or received the chicken pox vaccine, should get two doses of the vaccine four to eight weeks apart. Ask your doctor for details.

Hepatitis B

Health care experts are calling for college health-care workers and students to receive vaccinations against Hepatitis B, the 'silent' disease that has skyrocketed in numbers since 1982.

Hepatitis B is a major health problem with more than 300,000 new infections – and 5,000 deaths – occurring in the United States each year. Worldwide, 30 million people are infected each year with two million dying.

The American College Health Association is recommending that all health-care students and workers, as well as college students, undergo vaccination.

Ninety percent of the acute Hepatitis B cases reported to the Centers for Disease Control occur in young adults, including college students.

The disease is spread through infected blood, semen and other body fluids, but remains mostly a sexually transmitted disease among college students, especially among people with multiple sex partners.

Hepatitis B is often a 'silent' disease because symptoms – loss of appetite, nausea, vomiting, abdominal pain, fever and jaundice – occur in only half the victims. However, the signs could be mistaken for a virus or acute gastroenteritis.

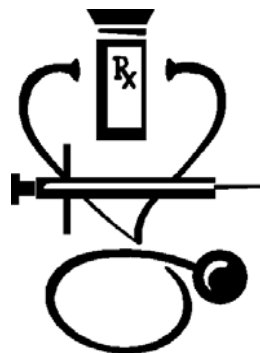
Most people who contract Hepatitis B will recover and remain immune from future infections, but they stand a 10 percent chance of becoming chronic carriers at high risk for developing deadly cirrhosis and liver cancer.

Although incurable, Hepatitis B can be prevented by a three-dose vaccine, which provides years-long protection in most healthy adults. The vaccine costs \$120 to \$150, which remains a major barrier to widespread immunizations. However, costs due to chronic liver disease caused by Hepatitis B total \$405 million.

Additional information is available from the ACHA, P.O. Box 28937, Baltimore, Md. 21240-8937; on the web at <http://www.acha.org>; or phone 410-859-1500.

Currently, at Central College, many students travel to various foreign countries for overseas study, as well as various athletic events throughout the United States. We would encourage you to consider the possibility of protecting your son/daughter against Hepatitis B. This is done by receiving the series of Hepatitis B vaccines, providing many years of protection. We would encourage you to start this series during the summer months. You may complete the third injection at the college health center. The series is given over a six-month period as follows; first dose at elected date, second dose one month later and third dose six months after the first dose. It is important to adhere to this schedule. The student can purchase the serum at a local Pella drug store. We will give the vaccine at the health center at no cost to the student. Many clinics also charge to give the vaccine.

Thank you for your consideration of this recommendation.



Meningitis

Meningitis is an infection that can lead to a dangerous swelling of the fluid surrounding the brain and spinal cord. Symptoms include headache, fever, stiff neck, extreme fatigue, nausea, vomiting and sensitivity to light. If left untreated, it can lead to permanent disabilities such as hearing loss, brain damage, seizures, amputation and death. There are two kinds of meningitis; each caused by a different type of organism. Viral is the more common form of the disease, usually not as serious as bacterial meningitis and patients usually get better with minimal treatment. Bacterial meningitis is often referred to as meningococcal meningitis, because it can be easily spread causing outbreaks in specific areas such as college campuses. Infection can cause serious illness, long-lasting effects on the nervous system, or death within 24 to 48 hours.

Since the early 1990s, meningococcal disease cases have more than doubled among young adults. College students have a greater risk of meningococcal infection than the general population because of activities that are often a part of college life, such as smoking, being around someone who smokes (passive smoking), going out to bars, drinking alcohol and living in a residence hall.

Your child can be at risk because the infection is easily spread through direct contact with oral secretions. Such contact includes coughing, sharing utensils or kissing. And, of course, even if they live off campus and don't smoke or drink themselves, all college students are at a greater risk for meningococcal infection because of the close contact they have in classes and activities with other students. Fortunately, this type of meningococcal infection can potentially be prevented with a vaccine.

The American College Health Association (ACHA) now recommends that students consider the meningitis vaccine to reduce their risk of bacterial meningitis. Adverse reactions to meningococcal vaccination are mild and infrequent and include local redness and swelling lasting one to two days or mild fever.

Please discuss having this vaccination with your health care provider at the time of your college physical examination.

Thank you for your consideration of this recommendation.

Please review your sons' or daughters' immunization record with the doctor at the time he/she completes our physical examination.

Required:

- Diphtheria and tetanus (Td) – booster needed every 10 years to maintain protection
- Measles, mumps and rubella (MMR) – outbreaks of measles continue to occur on college campuses (two doses needed)
- Polio – rare in the United States, but a risk for unprotected travelers to high-incidence areas
- TB skin test (Tuberculosis)

Please consider:

- Hepatitis B – serious liver disease
- Meningitis – infection that can lead to serious swelling of the brain
- Varicella – chicken pox vaccination (consider if no prior history of disease)

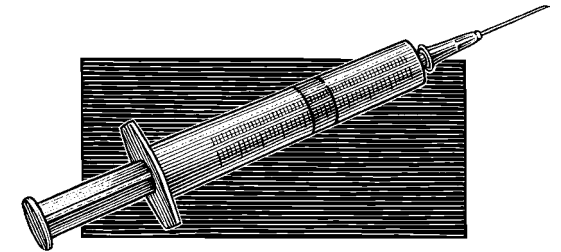
We cannot overemphasize the importance of having current vaccination records. If you have any questions regarding this matter, feel free to contact Ellen Heiting in the admission office at 641-628-5286 from 8 a.m. to 5 p.m.

**Central College
Health Services
641-628-5227**



**Central College
Student Health Service**

Vaccination Recommendations



To keep you healthy!

