


Dear PALS at Rutgers University Student,

Congratulations on your decision to enroll in the PALS Program at Rutgers University! Prior to your arrival, immunization and health testing information is needed to meet New Jersey Law requirements and University requirements, and to assist in maintaining your health and the health of others who come in contact with you while on campus.

Required Immunizations:

- **MMR – 2 doses OR blood test results showing immunity to MMR**
- **Meningococcal Vaccination** for first-year, incoming transfer, and PALS students living in University Housing.
- **TB Skin Testing for non-immigrant visa holders born in a country with a high prevalence of TB**
-  **Hepatitis B – 3 dose series for full-time students**

PLEASE NOTE:

- *You will be unable to receive your room key on move-in day if you do not complete and show proof of the meningococcal vaccination.
- * Grades/transcripts/certificates will be withheld if the immunization requirement for MMR and TB is not returned to PALS by the end of the session.

Medical or Religious Exemption to Immunizations

- *Exemption for required immunizations will only be allowed on bona fide religious or medical grounds, with written statements from the student explaining the conflict with religious beliefs for religious exemption, and from a doctor explaining the medical contraindication for medical exemption.
- *In the event of a contagious outbreak, any student who has been exempted from immunization may not be allowed on campus.

Not Required, but Recommended

- * While regular preventative care and health maintenance visits with your health care provider are recommended, a full physical examination is not required.

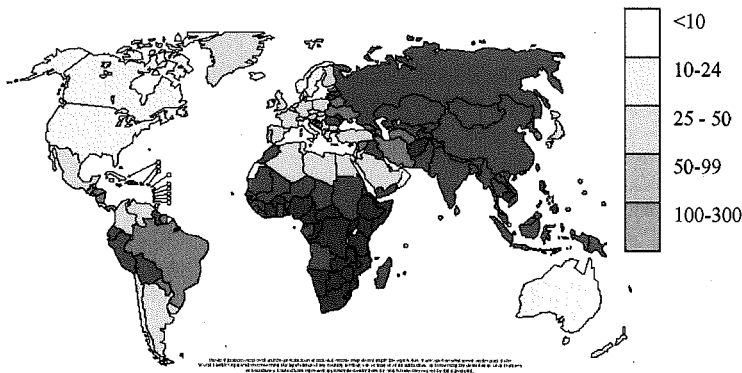
Please feel free to contact the PALS Office at eslpals@rci.rutgers.edu or 732-445-7423 if you have any questions concerning these Immunization Requirements.

1. Criteria for Tuberculosis Skin Testing

Rutgers University requires Tuberculosis Skin Testing (PPD or Mantoux) and chest x-ray report (if indicated for positive results) within the 6 months prior to attending the University for incoming students who hold non-immigrant visas and were born or grew up in a country with a high prevalence of tuberculosis.

In contrast to immigrants who may also have been born in a country with a high incidence of TB, students with non-immigrant visas may not have been tested upon arrival in the United States. While case rates for TB have decreased from 1992-2002, over 50% of total cases occur in foreign-born people, resulting in a case rate that is 8 times greater in international-born residents than in the US-born population.

TB Incidence Rates per 100,000



It is easier to list the countries that do not have a high incidence of TB and therefore, individuals who were born or grew up in the following countries DO NOT require screening tuberculin testing: *Canada, Jamaica, Saint Kitts and Nevis, Saint Lucia, 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.*

The CDC, ACHA and American Thoracic Society recommend targeted TB testing for individuals at high risk for the development of TB. TB screening is complex and skin testing of all entering college students is NOT recommended. Please note history of BCG Vaccination should not preclude testing of a student in a high risk group.

For more information about tuberculosis and testing please visit our website: <http://health.rutgers.edu/brochures/tb.htm>.

2. Information About Meningococcal Disease and Vaccination

Meningococcal Meningitis, the second most common cause of Bacterial Meningitis in the United States, is a rare but potentially fatal disease with early symptoms that resemble the flu, making diagnosis difficult. It causes inflammation of the membranes surrounding the brain and spinal cord and can also infect the blood stream. Progressive symptoms include high fever, severe headache, stiff neck, confusion, nausea, vomiting, exhaustion, and/or a rash. If not treated early, meningitis can lead to severe disabilities, and death. Despite appropriate antibiotic treatment, nearly 10% will die. The disease strikes about 3,000 Americans yearly and claims 300 lives. It is estimated that between 100 and 125 Meningitis cases occur on college campuses alone, and that as many as 15 students will die from the disease annually. Meningococcal bacteria are transmitted by air droplets (coughing or sneezing) and by direct contact with an infected person (sharing a glass, cigarette, or kissing). Meningococcal infection is not contracted by casual contact, such as being in a classroom. It occurs throughout the year, but usually peaks in late winter and early spring.

As a result of a state immunization law, Rutgers University requires all new, first year undergraduate, and transfer students who live in a campus residential facility receive the Meningococcal vaccine. Research shows that first year students living in residence halls may have up to a six fold increased risk for the disease as compared with college students overall. Since the disease can affect people of any age, other college students may wish to consider the vaccination.

The Meningococcal vaccine protects students against four out of the five serotypes of the bacteria, which account for approximately 65% of cases in college-aged students. Use of the Meningococcal vaccine is supported by the Center for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the American College Health Association (ACHA).

**RUTGERS UNIVERSITY UNDERGRADUATE STUDENT
PRE-ENTRANCE IMMUNIZATION RECORD**

_____ LAST NAME Date of Birth: _____	_____ FIRST NAME Student ID Number: _____	_____ MIDDLE NAME
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To be completed and signed by your healthcare provider:

VACCINE	Dose #1 Date	Dose #2 Date	Dose #3 Date	Date of positive immune Titer
1. MMR (Measles, Mumps, Rubella) <u>2 Doses REQUIRED</u> All doses of MMR, given singly or in combination, must be given after 1 year of age and at least one month apart. MMR requirement is only for those born in 1957 or later.				
OR				
MEASLES <u>2 Doses REQUIRED</u>				
MUMPS <u>2 Doses REQUIRED</u>				
RUBELLA (German Measles) <u>2 Doses REQUIRED</u>				
2. HEPATITIS B <u>REQUIRED</u> 3 doses for students taking 12 or more credits/semester.				
3. *MENINGOCOCCAL MENINGITIS <u>REQUIRED</u> for all new undergraduate and transfer students using University housing.				
4. TB SKIN TESTING <u>REQUIRED</u> for non-immigrant visa holders born in a country with a high prevalence of TB (If past positive TB skin test, do not repeat. Please record the date, positive result and chest x-ray information below.) A. Tuberculin Skin Test (must have been placed not greater than 6 months prior to attendance).	Date Read	Positive <input type="checkbox"/>	Negative <input type="checkbox"/>	Result _____mm
B. If positive TB test: X-ray result required and treatment date, if applicable.	X-ray Date	Normal <input type="checkbox"/>	Abnormal <input type="checkbox"/>	Treatment Date
OTHER VACCINATIONS: (Consult your personal physician or Rutgers Health Services if you have questions about these immunizations.)	Dose #1 Date	Dose #2 Date	Dose #3 Date	Date of positive immune Titer
Tdap				
TD				
Polio				
Varicella (Chickenpox)				

*Protects against a common cause of bacterial meningitis, a rare but potentially fatal disease with early symptoms resembling the flu. Symptoms include high fever, severe headache, stiff neck, vomiting, and a rash. As many as 15 college students die annually from the disease. It is transmitted by coughing and direct contact, not by casual classroom contact. It affects people of any age, but 1st year students living in residence halls are at increased risk of contracting the disease. All students should consider vaccination.



Healthcare Provider Name, Address, AND SIGNATURE:



Return Form To:

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