

MMR—All students born on or after 1/1/57 need to provide proof of two MMRs—measles (Rubeola), German measles (Rubella) and mumps immunization. These immunizations must have been given on or after the first birthday. The second MMR must be given 30 days or more after the first. A positive titer (blood test) for MMR antibodies is acceptable proof.

TETANUS—Usually given as a tetanus/diphtheria combination shot called Td. This shot is recommended every 10 years or within five years for contaminated or deep puncture wounds.

TUBERCULOSIS (TB)—TB is a disease caused by a bacterium which usually attacks the lungs. However, the TB bacteria can attack any part of the body such as the kidney, spine and brain. If not treated properly, this disease can be fatal. TB is spread through the air from one person to another. People with active or latent TB disease can be treated and cured with medication, which will also prevent the spread of the disease to others. All students arriving from a TB endemic area will be required to have a TB skin test within the first two weeks of school. TB skin testing is available at the university's Holzer Health Center for \$15, the local health department or any local physician's office. Previous immunization with BCG does not prevent TB skin testing.

Endemic areas of the world are considered any area NOT listed below.

- North American Region: U.S.A., Canada, Jamaica, Saint Kitts and Nevis, Saint Lucia, Virgin Islands
- European Region: Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Malta, Monaco, Netherlands, Norway, San Marino, Sweden, Switzerland, United Kingdom
- Western Pacific Region: American Samoa, Australia, New Zealand

BACTERIAL MENINGITIS—Young adults between the ages of 17 and 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 percent mortality rate). Freshmen living in residence halls, 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 freshmen living in residence halls, it is 3.8 per 100,000. There are five 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 four types. In the past, serogroup B caused about 50 percent of the cases of meningococcal meningitis in the United States but more recently, it has decreased to about 27 percent or less,

making vaccination more protective. The vaccine lasts 3–5 years or longer and is extremely safe. It has been used safely by the military and among foreign travelers for more than 20 years.

HEPATITIS B—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 three-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 your 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)—A common disease 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 two-shot series, one to two months apart. The vaccine is generally well tolerated; 3–5 percent may experience a mild, varicella-like rash or low-grade fever, but complications are rare.

HEPATITIS A—Another viral illness affecting the liver, it 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 become extremely ill and lose significant school or work time during the course of an infection. The vaccine is very safe and is given as a two-shot series, six months apart. It is essential for anyone planning travel to developing countries, but may also be a good investment in your health in the United States.

INFLUENZA—Yearly influenza (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 that 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 the Holzer Health Center for further information.**

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