

May 2011

Dear Incoming student:

Welcome to St. John's. We understand that this is a busy and exciting time for you. We would like to focus your attention on some health requirements. Please read the following carefully.

**Prior to matriculation, all students are required to submit a completed health form, which includes:**

1. A recent physical exam given by your primary care provider-in light of busy primary care offices/tight schedules it would behoove you to make an appointment with your primary care provider as soon as you receive the form. This will ensure that it will be completed by the due date.
2. Documentation of immunizations including two doses of MMR (Measles, Mumps, Rubella), meningitis vaccination (or 2<sup>nd</sup> dose if 1<sup>st</sup> dose longer than 5 years) and a tetanus booster within the past 10 years

This four-page health form, required only once, provides a summary of your health history to date. It is extremely helpful to the health center staff and emergency health care providers, should you need emergency care. In addition, please note the Emergency Medical Authorization required of all persons under the age of 18. A witness is required if only one parent signs; if both parents sign, a witness is not necessary.

Your health forms should be returned in the envelope that you received from the Admissions Office addressed to the Director of Student Health. Send the completed health form directly to the Student Health Center PO Box 2800 Annapolis, MD 21404 by **August 1st**. *(Please make a copy of the completed health form for your records and in the event of loss in transit.)* If you have any questions, please call the Harrison Health Center at 410-626-2553.

The office closes for summer break on May 13, 2011 and reopens on August 22, 2011. Telephone messages and e-mails are checked during the break. For any questions or clarifications please leave a detailed voice mail message including your name and phone number, and your call will be returned as soon as possible. You may also e-mail questions to [Nancy.Calabrese@sjca.edu](mailto:Nancy.Calabrese@sjca.edu) or [Lynda.Turner@sjca.edu](mailto:Lynda.Turner@sjca.edu). If you prefer to fax a note, the fax number is 410-626-2889.

We will be happy to discuss any health-related issues with your and or your parents. Please be assured that by law patient confidentiality is always protected under the federal HIPAA regulations.

**Insurance and Prescriptions**

Students should have the documentation they need to access health insurance. If a student will be covered under the insurance offered through the school, we will provide an insurance card and a prescription card. **If a student will be covered under a parent's policy, the student must have a card or copy stating the policy information. Please make a copy of the front and back of the insurance card and send it with the other health documents requested.** The student covered by a parent's policy needs to know how he or she will pay for prescriptions.

**Immunization/Vaccinations**

Effective June 1, 2000, the Maryland legislature passed a law requiring that college students living in dormitories either be vaccinated against meningitis or waive vaccination, in writing (a waiver form is available for optional download). You should be aware that outbreaks of

meningitis on college campuses have risen in recent years, though, St. John's College has not had any incidence of meningitis. Meningitis is a serious and potentially fatal disease that affects the brain and the spinal cord and can lead to permanent disabilities, such as hearing loss and brain damage.

You are strongly advised to receive your immunization for meningitis before arriving at St. John's. In the event that you are absolutely unable to meet this requirement, you will receive the meningitis vaccine at registration. **New CDC guidelines advise a 2<sup>nd</sup> dose if the 1<sup>st</sup> dose was administered 5 years ago or longer, and the cost is \$106. If planning to receive the meningitis immunization at registration, please complete the enclosed form and pre-pay by check. You will be asked to remain in the Health Center for 15 minutes following the vaccination.**

Hepatitis B, likewise, can be debilitating and even fatal. Therefore, vaccination against hepatitis B is recommended by college health and public health experts for college students. Immunization against hepatitis B involves three injections over a six-month period, and cost to administer the hepatitis B series at the Health center is approximately \$75 per dose. We recommend that you discuss both the meningitis immunization requirement and the facts about hepatitis with your primary care provider.

The Health Center also oversees prescribing and administration of other recommended immunizations, i.e. Gardasil for women (HPV vaccine) which involves three injections over a six-month period, at the cost of \$135 per dose.

The other immunizations required for matriculation at St. John's College are Tetanus, and two doses of measles, mumps and rubella (MMR) vaccine. These are the standard immunizations required by all schools, nation-wide. St. John's College requires that students supply documentation of having received these immunizations, including the date immunized, prior to matriculation. ***If the required immunizations are not complete by registration, you will be asked to sign a form pledging to comply within 2 weeks. If you do not provide documentation of all required vaccinations within that time, you may be asked to withdraw from the college.***

Sincerely yours,

Nancy Calabrese, CRNP

Lynda Turner, CRNP

S. David Krimins, M.D.