

UNIVERSITY  
OF  
CALIFORNIA  
MERCED



# IMMUNIZATION PLAN

## CONTACT INFORMATION

### H. Rajender Reddy Health Center

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WEB: [health.ucmerced.edu](http://health.ucmerced.edu)

### ADMINISTRATIVE HOURS:

› Monday-Friday, 8 a.m. to 4:30 p.m.

### PATIENT HOURS (BY APPOINTMENT):

› Monday-Friday, 8:20 a.m. to 4 p.m.

### UC SHIP INSURANCE OFFICE:

› Monday-Friday, 9 a.m. to 4 p.m.

The University of California is committed to protecting the health and well-being of its students. Therefore, all of the UC campuses are implementing procedures to ensure that students are educated about and receive vaccinations to prevent potentially serious and contagious diseases. Despite the fact that many people do receive the required and recommended vaccines, there are still documented outbreaks of vaccine-preventable-diseases (VPD) in California each year amongst those who were not completely immunized.



## INFORMATION ABOUT VACCINE-PREVENTABLE-DISEASES:

### California Department of Public Health | IMMUNIZATION AND SCREENING RECOMMENDATIONS FOR COLLEGE STUDENTS

All students are required to obtain these vaccines prior to starting classes.

UC MERCED REQUIRED VACCINATIONS	DOSES
Measles, Mumps and Rubella (MMR)	Two (2) doses; first dose on or after first birthday; OR positive titer (laboratory evidence of immunity disease)
Varicella (chickenpox)	Two (2) doses; first dose on or after first birthday; OR positive titer
Tetanus, Diphtheria and Pertussis (Tdap)	One (1) dose after age 7
Meningococcal conjugate (Serogroups A, C, Y and W-135)	One (1) dose on or after age 16 for all students age 21 years or younger
Screening for Tuberculosis	All incoming students who are at higher risk for TB infection should undergo either skin or blood testing for TB infection. (Higher risk includes travel to or living in South and Central America, Africa, Asia, Eastern Europe and the Middle East; prior positive TB test; or exposure to someone with active TB disease.)

## ADDITIONAL IMMUNIZATIONS RECOMMENDED FOR PREVENTIVE CARE

- › Hepatitis A vaccine (all students regardless of age)
- › Hepatitis B vaccine (all students regardless of age)
- › Human papillomavirus vaccine (for women and men through age 26 years)
- › Influenza vaccine (annual; all students regardless of age)
- › Meningococcal B (ages 16-23 who elect vaccination after discussion with their healthcare provider)
- › Meningococcal conjugate (recommended for students age 21-23)
- › Pneumococcal vaccine (for students with certain medical conditions e.g., severe asthma, diabetes, chronic liver or kidney disease)
- › Poliovirus vaccine (regardless of age, if series not completed as a child)
- › Vaccines for international travel (based on destination)

Starting Fall 2015, all incoming students will be required to receive the vaccinations and tuberculosis screening per the CDPH recommendations in the chart above. To update your Student Health Center medical record, please enter your immunizations online. Visit [myhealth.ucmerced.edu](http://myhealth.ucmerced.edu) and submit a copy of your immunization card(s) to the UC Merced Health Center.

## VACCINE PREVENTABLE DISEASES — WHAT YOU SHOULD KNOW ABOUT THE DISEASES:

Many VPDs were very common before widespread vaccination programs began. With decreasing vaccination rates, outbreaks of some of these infections have started to recur.

### › Diphtheria

Causes a thick covering in the back of the throat. It can lead to breathing problems, paralysis, heart failure and even death.

### › Hepatitis A

A serious liver disease that is usually spread by close personal contact or by eating contaminated food or water. Hepatitis A can cause mild, “flu-like” illness, jaundice (yellow skin or eyes), and severe abdominal pain and diarrhea. Teens and adults are most likely to have a severe case.

### › Hepatitis B

Another serious liver disease that can cause short-term (acute) appetite loss, diarrhea, vomiting, fatigue, jaundice (yellow skin or eyes), and/or pain in muscles, joints and stomach. It also can cause long-term (chronic) illness that leads to liver damage (cirrhosis), liver cancer and death.

### › Human Papillomavirus

A virus that causes genital warts and a variety of cancers, and is spread by direct skin-to-skin contact.

### › Influenza (flu)

A contagious viral disease spread through coughing or sneezing. Influenza can lead to pneumonia, sinus or ear infections, worsening of chronic conditions such as asthma, diabetes and even death.

### › Measles

This virus causes a rash, cough, runny nose, eye irritation and fever. It can lead to ear infections, pneumonia, seizures, brain damage and even death.

### › Meningococcal Disease

A typically severe bacterial infection that can cause hearing loss, learning problems, brain damage, or loss of limbs. About one in 10 people with meningococcal disease will die from it. The disease is spread when people live in close contact or through other close contact such as coughing or kissing. Teens and young adults have a higher risk for meningococcal disease.

### › Mumps

This virus causes fever, headache, swollen glands and painful swelling of the testicles or ovaries. It can lead to deafness, meningitis (infection of the brain and spinal cord covering) and in rare cases, death.

### › Pertussis

Also called whooping cough, causes prolonged coughing spells that can last for weeks to months and end in vomiting. It can lead to pneumonia, seizures (jerking and staring spells), brain damage and death.

### › Polio

A disease caused by a virus which can cause paralysis (cannot move arms or legs). It can kill people who get it, usually by paralyzing the muscles that help them breathe.

### › Pneumococcal disease

A leading cause of bacterial meningitis in the United States. It causes many health problems, including pneumonia, meningitis, blood infections, sinus infections, ear infections and even death.

### › Rubella

Also known as German Measles, this virus usually causes mild fever and a rash. However, if a woman gets rubella while pregnant, she could have a miscarriage or her baby could have serious birth defects.

### › Tetanus

Also called *Lockjaw*, this is a painful tightening of the muscles, usually all over the body. It can lead to “locking” of the jaw so the person cannot open their mouth or swallow. Tetanus can be fatal.

### › Tuberculosis

A disease caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attacks the lungs, but can infect any part of the body, such as the kidney(s), spine and brain. If not treated properly over several months, tuberculosis can be fatal.

### › Varicella

Also known as chickenpox, this virus causes a rash, itching, fever and fatigue. While chickenpox is usually a mild illness, it also can lead to severe skin infections, scars, pneumonia, brain damage, or death.