The University of California is committed to protecting the health and well-being of our 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 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 these VPDs is provided on the following page.

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>Doses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles, Mumps and Rubella (MMR)</td>
<td>2 doses; first dose on or after 1st birthday</td>
</tr>
<tr>
<td>Varicella (chickenpox)</td>
<td>2 doses; first dose on or after 1st birthday</td>
</tr>
<tr>
<td>Tetanus, Diphtheria and Pertussis (Tdap)</td>
<td>1 dose in the last 10 years.</td>
</tr>
<tr>
<td>Meningococcal conjugate (preferred to polysaccharide vaccine)</td>
<td>One dose on or after age 16 for all undergraduates (and for graduate students new to residence hall settings)</td>
</tr>
<tr>
<td>Meningococcal serotype b</td>
<td>Recommendations pending from the Advisory Committee on Immunization Practices.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>3 doses</td>
</tr>
<tr>
<td>Screening for Tuberculosis</td>
<td>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 &amp; Central America, Africa, Asia, Eastern Europe, and the Middle East; prior positive TB test, or exposure to someone with active TB disease.)</td>
</tr>
</tbody>
</table>

**Additional immunizations recommended for preventive care include:**
- Influenza vaccine (annual)
- Hepatitis A vaccine
- Human papillomavirus vaccine (for women through age 26 years; males through age 26 years may also receive the quadrivalent HPV vaccine.)
- Pneumococcal vaccine (for students with certain medical conditions e.g., severe asthma, diabetes, chronic liver or kidney disease)
- Poliovirus vaccine (if series not completed as a child)
- Vaccines for international travel, based on destination.

**VACCINATIONS AND SCREENING ARE VOLUNTARY FOR FALL 2015, WITH THE FOLLOWING EXCEPTIONS:**
- Hepatitis B vaccine is mandatory for all students under the age of 19
- Health profession students have additional requirements

Starting Fall 2016, all incoming students will be required to receive the vaccinations and tuberculosis screening per the CDPH recommendations in the chart above.

Vaccine Preventable Diseases—What you should know about the diseases:

Many VPD’s were very common before widespread vaccination programs began. With decreasing vaccination rates, outbreaks of some of these infections have started to recur.
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**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 stomach pains 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 or 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 1 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 partying 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, rarely, death.

**Pertussis**  
Also called whooping cough, causes prolonged coughing spells for weeks to months that can 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 in, 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 attack the lungs, but can infect any part of the body, such as the kidney, 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 tiredness. While chickenpox is usually a mild illness, it also can lead to severe skin infections, scars, pneumonia, brain damage, or death.

What Should I do now?

- Obtain a copy of immunizations from your doctor’s office, your high school record, or your yellow immunization record book given to you by your doctor.
- Strongly consider getting immunizations over the summer

I certify that I have read and understand the UC Hastings Immunization recommendations for incoming students.

_________________________________________  __________________________________________
Name                                                                                      Date