



HARVARD UNIVERSITY
Health Services

Dear Harvard Student,

It is my pleasure to welcome you to Harvard University Health Services.

As a student, you must meet Massachusetts' strict immunization requirements in order to register for classes. **We encourage you to receive the required immunizations before you arrive at Harvard, as many private health plans will cover the cost.** If you are unable to obtain these prior to your arrival on campus, you may arrange to get immunizations at various locations in the area, including Harvard University Health Services (HUHS). Please note that your health plan may not cover immunizations you receive at HUHS, in which case you will be responsible for the cost of the immunizations.

STEP 1: Download and print the medical forms for Harvard Graduate School of Design.

STEP 2: Have your health care provider complete and submit the forms or enter the information in your profile on the HUHS Patient Portal, huhs.harvard.edu/patient-portal, as instructed below.

- Immunization History – *completed by your health care provider and submitted to HUHS; also entered by you on the Patient Portal*
- Medical History – *entered by you on the Patient Portal*
- Personal Information – *entered by you on the Patient Portal*
- Tuberculosis Screening – *entered by you on the Patient Portal*
- Meningococcal Waiver – *signed by you and submitted to HUHS*
- Meningococcal Fact Sheet for College Students – *to read*

STEP 3: Submit a copy of these forms by **June 15, 2016**.

Via mail: HUHS, Medical Records, 75 Mt. Auburn Street, Cambridge, MA 02138

Via fax: 617-495-8077

Contact HUHS Medical Records at mrecords@huhs.harvard.edu or 617-495-2055 for general immunization questions.

Wishing you the best of health,

Paul J. Barreira, M.D.
Director, Harvard University Health Services
Henry K. Oliver Professor of Hygiene

Name: _____ DOB: _____
Last, First

The Commonwealth of Massachusetts and Harvard University require full-time students and all students on a visa to be immunized against certain communicable diseases. All dates must include month, day, and year. To comply, have this form completed and signed by your health care provider and submitted to the above address or via fax at 617-495-8077 as soon as possible and no later than June 15, 2016.

Required Vaccine	Dates Given	Harvard and Massachusetts State Requirements
Measles-Mumps-Rubella (MMR) If administered separately or positive titers obtained record below	#1___/___/___ #2___/___/___ month day year month day year	Two immunizations on or after the first birthday, at least 30 days apart in 1967 or later
Measles (Rubeola)	Positive Titer Date: ___/___/___ OR Date Given #1: ___/___/___ #2___/___/___ month day year month day year	Positive titer or two doses
Mumps	Positive Titer Date: ___/___/___ OR Date Given #1: ___/___/___ #2___/___/___ month day year month day year	Positive titer or two doses
Rubella (German Measles)	Positive Titer Date: ___/___/___ OR Date Given #1: ___/___/___ #2___/___/___ month day year month day year	Positive titer or two doses
Tetanus/Diphtheria/Pertussis (Tdap)	___/___/___ month day year	One dose of Tdap After 1/1/2005
Hepatitis B Series of 3 immunizations – a positive Serological test for immunity is acceptable in lieu of immunization	#1___/___/___ #2___/___/___ #3___/___/___ - month day year month day year month day year OR Positive Titer Date: ___/___/___ If Twinrix check here [] month day year	Massachusetts Approved Schedule for Hepatitis B administration: Dose #1 any age Dose #2 30 days after dose #1 Dose #3 Six months after dose #1
Varicella Vaccination A positive Serological test for immunity is acceptable in lieu of immunization.	#1___/___/___ #2___/___/___ OR If born in the USA month day year month day year before 1980 may OR Positive Titer Date: ___/___/___ waive by initialing month day year here: _____	Massachusetts approved schedule for Varicella administration: two doses on or after the first birthday, at least 30 days apart, after 3/1/1995
OR History of Chickenpox	Age: _____ or Date of Disease: ___/___/___	
Meningococcal	___/___/___ OR May waive if not a Harvard Undergrad month day year by signing Waiver Form provided, check here []	One dose administered within the last 5 years after 9/1/2011
Strongly Recommended:	Date(s) Given:	Mass State Recommends:
TB Skin Test: circle result	Date: Negative Positive mm	Baseline history.
Gardasil (HPV)		3 doses over 6 months.
Travel-Related		
Polio:		Booster dose of injected polio vaccine following completion of primary series
Yellow Fever:		Repeat vaccination every 10 years
Typhoid: circle type	Oral: IM:	Repeat series every: 5 years-Oral, 3 years IM
Hepatitis A:		2 doses. Dose #2, 6 months after dose #1

X _____
Signature of physician/nurse practitioner/physician assistant/school official Date

The only circumstances under which a student may be exempted from the Massachusetts Immunization Law are as follows:
°Certification in writing by an examining health care provider who is of the opinion that the student’s physical condition is such that his/her health would be endangered by one or more of the immunizations. The student will be required to submit laboratory evidence of immunity to measles, mumps and rubella; if not immune he/she will have to leave campus in the event of an outbreak; OR
°The student states in writing that the required immunizations would conflict with his/her religious beliefs. It is recommended that he/she present evidence of immunity, as above. Otherwise he/she will have to leave campus in the event of an outbreak.

Harvard University Health Services
Medical Record Department – GSD
75 Mt. Auburn Street
Cambridge, MA 02138

HEALTH CARE PROVIDER'S REPORT

School – Design

Name: _____ DOB: _____
Last, First

The above named student has been admitted to Harvard University. While in attendance at Harvard, he/she may be eligible for and receive health care services at Harvard University Health Services (HUHS). It will be extremely helpful for HUHS to have knowledge of his/her current and past medical history. **In addition, his/her Immunization history must be up to date as defined by Massachusetts law. Any questions regarding the law may be addressed to 617-495-2055. Please complete, sign and submit to the above address no later than June 15, 2016.**

1. Date of Physical Exam: _____ Height: _____ Weight: _____ (must be within 12 months prior to registration).
2. Has he/she suffered any major illnesses or injury in the past of which we should be aware?
3. Is he/she currently under treatment? Please include the names and contact numbers for any outside health providers with whom we may need to consult.
4. Abnormal laboratory, radiology, physical findings (e.g. Pap smear, mammogram, heart murmur)?
5. Emotional issues (e.g. depression, eating disorder)?
6. Any contraindication to contact or non-contact sports?
7. What recommendations do you have for his/her medical supervision? We would appreciate your sending any reports that would help us care for the patient needing continuing care or monitoring.

Signature of health care provider

Phone number of practice

Date



Information about Meningococcal Disease and Vaccination and Waiver for Students at Residential Schools and Colleges

Massachusetts requires all newly enrolled full-time students attending a secondary school (e.g., boarding schools) or postsecondary institution (e.g., colleges) who will be living in a dormitory or other congregate housing licensed or approved by the secondary school or institution to:

1. receive quadrivalent meningococcal polysaccharide or conjugate vaccine to protect against serotypes A, C, W and Y;
- or
2. fall within one of the exemptions in the law, which are discussed on the reverse side of this sheet.

The law provides an exemption for students signing a waiver that reviews the dangers of meningococcal disease and indicates that the vaccination has been declined. To qualify for this exemption, you are required to review the information below and sign the waiver at the end of this document. Please note, if a student is under 18 years of age, a parent or legal guardian must be given a copy of this document and must sign the waiver.

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue that surrounds the brain and spinal cord called the "meninges" and cause meningitis, or they can infect the blood or other body organs. In the US, about 1,000-1,200 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who live, another 11-19% lose their arms or legs, become hard of hearing or deaf, have problems with their nervous systems, including long term neurologic problems, or suffer seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person's saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing or sneezing.

Who is most at risk for getting meningococcal disease?

High-risk groups include anyone with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited immune disorder), HIV infection, those traveling to countries where meningococcal disease is very common, microbiologists and people who may have been exposed to meningococcal disease during an outbreak. People who live in certain settings such as college freshmen living in dormitories and military recruits are also at greater risk of disease from some of the serogroups.

Are some students in college and secondary schools at risk for meningococcal disease?

College freshmen living in residence halls or dormitories are at an increased risk for meningococcal disease caused by some of the serotypes contained in the quadrivalent vaccine, as compared to individuals of the same age not attending college. The setting, combined with risk behaviors (such as alcohol consumption, exposure to cigarette smoke, sharing food or beverages, and activities involving the exchange of saliva), may be what puts college students at a greater risk for infection. There is insufficient information about whether new students in other congregate living situations (e.g., residential schools) may also be at increased risk for meningococcal disease. But, the similarity in their environments and some behaviors may increase their risk.

The risk of meningococcal disease for other college students, in particular older students and students who do not live in congregate housing, is not increased. However, quadrivalent meningococcal vaccine is a safe and effective way to reduce their risk of contracting this disease. In general, the risk of invasive meningococcal B disease is not increased among college students relative to others of the same age not attending college. However, outbreaks of meningococcal B disease do occur, though rarely, at colleges and universities. Vaccination of students with meningococcal B vaccine may be recommended during outbreaks.

Is there a vaccine against meningococcal disease?

Yes, quadrivalent meningococcal polysaccharide vaccine (Menomune) and meningococcal conjugate vaccine (Menactra and Menveo) protect against 4 serotypes (subgroups), A, C, W, and Y of meningococcal disease. Meningococcal serogroup B vaccines (Bexsero and Trumenba) protect against serogroup B meningococcal disease. Currently, students are required to have a dose of quadrivalent polysaccharide vaccine within the last 5 years or a dose of quadrivalent conjugate vaccine at any time in the past (or fall within one of the exemptions allowed by law).

Continued on next page.

Meningococcal serogroup B vaccines are not required for students in college or secondary schools and do not fulfill the requirement for receipt of meningococcal vaccine.

Please be aware that in October 2010 the Advisory Committee on Immunization Practices (ACIP) recommended booster doses of quadrivalent meningococcal conjugate vaccine for healthy adolescents 16-18 years of age. Persons up to 21 years of age entering college are recommended to have documentation of a dose of quadrivalent meningococcal conjugate vaccine no more than 5 years before enrollment, particularly if they are new residential students. Talk with your doctor about which meningococcal vaccines you should receive.

Is the meningococcal vaccine safe?

A vaccine, like any medicine, is capable of causing serious problems such as severe allergic reactions. Getting meningococcal vaccine is much safer than getting the disease. Some people who get meningococcal vaccine have mild side effects, such as redness or pain where the shot was given. These symptoms usually last for 1-2 days. A small percentage of people who receive the vaccine develop a fever. The vaccine can be given to pregnant women.

Is it mandatory for students to receive meningococcal vaccine for entry into secondary schools or colleges that provide or license housing?

Massachusetts law (MGL Ch. 76, s.15D) requires newly enrolled full-time students attending a secondary school (those schools with grades 9-12) or postsecondary institution (e.g., colleges) who will be living in a dormitory or other congregate housing licensed or approved by the secondary school or institution to receive quadrivalent meningococcal vaccine. At affected secondary schools, the requirements apply to all new full-time residential students, regardless of grade (including grades pre-K through 8) and year of study. All students covered by the regulations must provide documentation of having received a dose of quadrivalent meningococcal polysaccharide vaccine within the last 5 years (or a dose of quadrivalent meningococcal conjugate vaccine at any time in the past), unless they qualify for one of the exemptions allowed by the law. Whenever possible, immunizations should be obtained prior to enrollment or registration. However, students may be enrolled or registered provided that the required immunizations are obtained within 30 days of registration.

Students may begin classes without a certificate of immunization against meningococcal disease if: 1) the student has a letter from a physician stating that there is a medical reason why he/she can't receive the vaccine; 2) the student (or the student's parent or legal guardian, if the student is a minor) presents a statement in writing that such vaccination is against his/her sincere religious belief; or 3) the student (or the student's parent or legal guardian, if the student is a minor) signs the waiver below stating that the student has received information about the dangers of meningococcal disease, reviewed the information provided and elected to decline the vaccine.

Where can a student get vaccinated?

Students and their parents should contact their healthcare provider and make an appointment to discuss meningococcal disease, the benefits and risks of vaccination, and the availability of these vaccines. Schools and college health services are not required to provide you with this vaccine.

Where can I get more information?

- Your healthcare provider
- The Massachusetts Department of Public Health, Division of Epidemiology and Immunization at (617) 983-6800 or www.mass.gov/dph/imm and www.mass.gov/dph/epi
- Your local health department (listed in the phone book under government)

Waiver for Meningococcal Vaccination Requirement

I have received and reviewed the information provided on the risks of meningococcal disease and the risks and benefits of quadrivalent meningococcal vaccine. I understand that Massachusetts' law requires newly enrolled full-time students at secondary schools, colleges and universities who are living in a dormitory or congregate living arrangement licensed or approved by the secondary school or postsecondary institution to receive meningococcal vaccinations, unless the students provide a signed waiver of the vaccination or otherwise qualify for one of the exemptions specified in the law.

- After reviewing the materials above on the dangers of meningococcal disease, I choose to waive receipt of meningococcal vaccine.

Student Name: _____ Date of Birth: _____

Student ID or SSN: _____

Signature: _____ Date: _____
(Student or parent/legal guardian, if student is under 18 years of age)

Meningococcal Disease and College Students

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What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other body organs. In the US, about 1,000-3,000 people per year get meningococcal disease and 10-15% die despite receiving antibiotic treatment. Of those who survive, 11-19% may lose limbs, become deaf, have problems with their nervous system, become mentally retarded, or have seizures or strokes.

What are *Neisseria meningitidis*?

Neisseria meningitidis are bacteria that may be found normally in people’s throats and noses. About 5 to 15% of people carry these bacteria and do not get sick from them. These people may be called “carriers.” Carriers only have bacteria for a short time. Usually, the bacteria go away and these people may have increased resistance to infection in the future. In rare cases, the bacteria may get into the blood and go to the tissue surrounding the spinal cord and brain, causing severe illness.

What are the symptoms of meningococcal disease?

Signs and symptoms of meningococcal disease include a sudden onset of fever, stiff neck, headache, nausea, vomiting, and/or mental confusion. Changes in behavior such as confusion, sleepiness, and unresponsiveness are important symptoms of illness. A rash may also be present. Anyone who has these symptoms should be seen by a healthcare provider immediately.

How are the bacteria spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of an infected person who is coughing or sneezing.

Who is at most risk for meningococcal disease?

High-risk groups include anyone with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited immune disorder), HIV infection, those traveling to countries where meningococcal disease is very common, microbiologists and people who may have been exposed to meningococcal disease during an outbreak. People who live in certain settings such as college freshmen living in dormitories and military recruits are also at greater risk of disease.

Are students in college at risk for meningococcal disease?

College freshmen and other newly enrolled college students, living in dormitories and other congregate living situations (such as fraternities and sororities), are at an increased risk for meningococcal disease as compared to individuals of the same age not attending college. The closed setting, combined with certain behaviors (such as alcohol consumption, exposure to cigarette smoke, sharing food or beverages, and activities involving the exchange of saliva), may put college students at a greater risk for infection.



The risk of meningococcal disease for other college students, in particular older students and students who do not live in congregate housing, is not increased.

Is there a vaccine against meningococcal disease?

Yes, there are currently 2 types of vaccines available that protect against 4 of the most common of the 13 serogroups (subgroups) of *N. meningitidis* that cause serious disease. Meningococcal polysaccharide vaccine is approved for use in those 2 years of age and older. There are 2 licensed meningococcal conjugate vaccines. Menactra® is approved for use in those 9 months – 55 years of age. Menveo® is approved for use in those 2 to 55 years of age. Meningococcal vaccines are thought to provide protection for approximately 5 years. Either of these vaccines is acceptable for college students.

How complete is the protection with the vaccine?

Currently available vaccines provide protection against serogroups A, C, Y and W-135. These 4 serogroups account for approximately two-thirds of the cases that occur in the US each year. Most of the remaining one-third of the cases are caused by serogroup B, not represented in the vaccines.

Is the meningococcal vaccine safe?

A vaccine, like any medicine, is capable of causing allergic reactions. The risks associated with receiving the vaccine are much less than the risk of meningococcal disease. Some people who get this vaccine have mild side effects, such as redness or pain where the shot was given. Local reactions are more common in those receiving meningococcal conjugate vaccine. These symptoms usually last for 1-2 days. A small percentage of people who receive the vaccine develop fever. Anyone who has ever had Guillain-Barré Syndrome should talk with their provider before getting meningococcal conjugate vaccine. The vaccine can be given to pregnant women.

Are students required to get meningococcal vaccine before entering college?

Massachusetts law requires newly enrolled full-time students attending colleges and schools with grades 9-12, who will be living in a dormitory or other congregate housing, licensed or approved by the school or college, to receive meningococcal vaccine. All students covered by the regulations must provide documentation of having received a dose of meningococcal polysaccharide vaccine within the last 5 years (or a dose of meningococcal conjugate vaccine at any time in the past). Immunizations should be obtained prior to enrollment or registration; however, students may be enrolled or registered provided that the required immunizations are obtained within 30 days of registration.



The law contains exemptions. Students may begin classes without a certificate of immunization against meningococcal disease if: 1) the student has a letter from a physician stating that there is a medical reason why he/she can't receive the vaccine; 2) the student (or the student's parent or legal guardian, if the student is a minor) presents a statement in writing that such vaccination is against his/her sincere religious belief; or 3) the student (or the student's parent or legal guardian, if the student is a minor) signs a waiver stating that the student has received information about the dangers of meningococcal disease, reviewed the information provided and elected to decline the vaccine.

More information about this requirement may be found in the MDPH document entitled "Information about Meningococcal Disease and Vaccination and Waiver for Students at Residential Schools and Colleges".

While not required, as of October 2010, the Advisory Committee on Immunization Practices (ACIP) recommends anyone up to 21 years of age who is entering college receive a dose of meningococcal conjugate vaccine within 5 years of enrollment. College students who do not live in campus-related housing and want to reduce their risk for meningococcal disease may also choose to be vaccinated, though it is not required.

Where can a college student get vaccinated?

Students and their parents should discuss meningococcal disease, the benefits and risks of vaccination, and the availability of vaccine with their healthcare provider.

Where can I get more information?

- Your healthcare provider, your local health department (listed in the phone book under government)
- The Massachusetts Department of Public Health, Division of Epidemiology and Immunization at (617) 983-6800 or toll-free at (888) 658-2850 or on the MDPH website at <http://www.mass.gov/dph>

