



## VACCINATION POLICY

**We encourage students to come to school fully immunized to protect their health.**

Immunizations are one of the most effective public health measures in preventing communicable diseases. Below are some common concerns; more information can be found at the [Centers for Disease Control \(CDC\) site](#). In addition to the below, please note all vaccines required under Oklahoma Immunization Law and requirements for school. Also, if you plan to travel, you should consult your doctor and/or the [CDC](#) on how you can protect yourself from diseases that are common in many parts of the world even if they rarely occur in the United States.

VACCINE	FOR
<b>Hepatitis B</b>	Virus that attacks the liver, potentially leading to cirrhosis, liver cancer and even death. It is spread through contact with blood and body fluids of an infected person. This contact may occur with unprotected sex, sharing needles when injecting drugs, accidental contact with blood through cuts or needle stick injuries and from mother to baby.
<b>Meningococcal Meningitis</b>	Meningitis (inflammation of the lining of the brain and spinal cord) or sepsis (an infection of the bloodstream). Symptoms of meningitis include stiff neck, headache, fever, nausea, vomiting, confusion and drowsiness. Symptoms of sepsis include fever, shock and coma. Death from sepsis can occur within 12 hours of the beginning of the illness - meningococcal disease can be a rapid and overwhelming infectious disease. Infection can lead to severe health problems like seizures, strokes, neurological problems and possibly death. The CDC has found that college freshman, living in dormitories are at higher risk of getting this disease. The meningococcal vaccine can prevent 2 of the 3 most common types of meningococcal disease in the USA and lasts 3-5 years.
<b>Polio</b>	Serious illness caused by oral transmission of the virus to humans. There have been no cases of polio in the USA in the last 20 years. Therefore, the vaccination is only recommended for those traveling in countries where the poliovirus is endemic.
<b>Pneumococcal</b>	Bacteria that can lead to pneumonia, infection in the blood and in the brain coverings. It kills more people in the USA each year than all other vaccine-preventable diseases combined. Students with chronic health problems are at higher risk for contracting this disease. Pneumococcal vaccine protects against 23 types of Pneumococcal bacteria.
<b>Diphtheria- Tetanus</b>	Tetanus (lockjaw), a potentially fatal disease of the central nervous system caused by an organism that enters the body through cuts and wounds and diphtheria, a highly contagious serious illness that can cause respiratory problems, heart failure, paralysis and even death. Repeat vaccination is recommended every ten years.
<b>Varicella</b>	Chicken Pox. It can be spread from person to person through the air or by contact with fluid from chickenpox blisters. It can lead to severe skin infection, scars, pneumonia, brain damage or death. A person who has had chickenpox can get a painful rash called shingles years later. Many college students are immune to chickenpox as a result of past exposure. Therefore a blood test is recommended to check for immunity to chickenpox before a vaccine is administered.
<b>Hepatitis A</b>	Serious liver disease caused by the hepatitis A virus (HAV). It is usually spread by close personal contact and sometimes by eating food or drinking water containing HAV. Hepatitis A can cause a mild "flu-like" illness, jaundice (yellow skin or eyes), severe stomach pains and diarrhea. This vaccine is recommended for those who are traveling or live in endemic areas, for men who have sex with men, IV drug users, persons with chronic liver disease and persons who receive clotting factor concentrates. Protection is thought to be lifelong.
<b>HPV</b>	Girls and women 9-26 years of age for the prevention of cervical cancers and genital warts caused by the Human Papillomavirus (HPV) types 6, 11, 16, and 18. The CDC estimates that 50 % of sexually active people catch HPV during their lifetime. A male or female of any age who takes part in any kind of sexual activity that involves genital contact is at risk. Many people who have HPV may not show any signs or symptoms. This means they can pass the virus on to others and not know it. The HPV vaccine, Gardasil, is also licensed, safe, and effective for males ages 9 through 26 years to prevent genital warts.



## **Influenza Information and Resources**

### **Flu Vaccination Availability**

Flu Shot Clinics are offered to employees and students each year for a minimal cost. Please stay tuned to campus announcements.

### **What is influenza?**

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The Centers for Disease Control & Prevention recommends an annual flu vaccine for everyone 6 months of age and older. You still need to be revaccinated even if you have the vaccine last year. You cannot catch the flu from the flu vaccine. The influenza vaccine will prevent most cases of the flu; however, if you DO get the flu after you've been vaccinated, your symptoms will be milder & you will have less chance of serious complications.

### **What are the symptoms of flu?**

Symptoms can include a fever of 100 degrees F or higher, cough and sore throat. In addition to these major symptoms, individuals may experience fatigue, headache, body aches, runny nose, nausea, vomiting or diarrhea.

### **What can I do to protect myself from getting sick?**

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and clean your hands immediately.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Don't share personal items.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Avoid getting close to people who are sick.
- Wash surfaces on your work space with a disinfectant daily. Wipe down shared keyboards, and telephones often.
- Get your annual flu shot when it becomes available to you.

Certain clinical, internship, externship, or practicum experiences that may be part of the students' program of study at the College may require these and/or other vaccinations or immunizations. All vaccinations or immunizations are the responsibility of the student and are not included in the cost of the program.

Students at Community Care College are required to complete the Health Record Form at the time of enrollment.

Also, please review Oklahoma's Immunizations Services and Resources:

[https://www.ok.gov/health/County\\_Health\\_Departments/McClain\\_County\\_Health\\_Department/Immunizations/index.html](https://www.ok.gov/health/County_Health_Departments/McClain_County_Health_Department/Immunizations/index.html)