

June 2014

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:*

- A recent physical exam given by your primary care provider. Please make an appointment with your primary care provider as soon as you receive the form as it is often difficult to obtain an appointment on short notice. This will ensure that the exam will be completed by the due date, August 1.
- Documentation of immunizations, including two doses of MMR (Measles, Mumps, Rubella), meningitis vaccination (or 2nd dose if 1st dose was given more than 5 years ago) and a tetanus booster within the past 10 years.
- A completed health history form. 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 required.

*Additional possible requirements, depending on circumstances, include the following:*

- For those students using ADD or ADHD medication, written authorization from a provider directing the Health Center to renew these prescriptions monthly. This authorization must be sent every 6 months or the Health Center will not be able to renew the prescriptions.
- For students who are using a parent's health insurance, a copy of the front and back of the parent's insurance card.
- For students on an F1 visa (international students), evidence of Tuberculosis (TB) screening within 3 months prior to arrival at St. John's College either by skin testing or chest x-ray. Please refer to TB screening questionnaire and risk assessment forms.
- For students wishing to receive the meningitis vaccine at registration (see below for more information), a completed meningitis vaccine request form.

Please send the completed health form directly to:  
St. John's College Student Health Center  
60 College Avenue, Annapolis, MD 21401

**by August 1.**

*Please make a copy of the completed health form for your records.*

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## OTHER HELPFUL INFORMATION

### Contact Information for Harrison Health Center

If you have any questions, please call the Harrison Health Center at 410-626-2553, e-mail questions to Nancy.Calabrese@sjc.edu or Lynda.Turner@sjc.edu, or fax us at 410-626-2889

The office closes for summer break on May 9, 2014 and reopens on August 20, 2014. 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.

We will be happy to discuss any health-related or insurance issues with you and or your parents. Please be assured that we abide by federal HIPAA regulations which protect patient confidentiality.

### Insurance

Students should have the documentation they need to access health insurance. Health Center office visits and other services will be billed to your insurance company by the Health Center. Because student fees and tuition that are paid each semester are used to support the Health Center, students may visit the Health Center as needed with no additional co-pay required at the time of the visit. Students may wish to check with the insurance carrier regarding how office visits are processed. A student who is covered by a parent's policy needs to know how he or she will pay for prescriptions. If a student is to be covered under the insurance offered through the school, we will provide an insurance and a prescription card.

### Immunizations

Effective June 1, 2000, the Maryland legislature passed a law requiring that college students living in dormitories either be vaccinated against meningitis or waive the 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, although, 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 2nd dose if the 1st dose was administered 5 years ago or longer. If planning to receive the meningitis immunization at registration, please complete the enclosed form. 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. We recommend that you discuss both the meningitis immunization requirement and the facts about hepatitis with your primary care provider.

The Health Center is equipped also to give other recommended immunizations, such as Gardasil for women, which involves three injections over a six-month period.

The other immunizations required for matriculation at St. John's College are the tetanus vaccine, and two doses of measles, mumps and rubella (MMR) vaccine. These are the standard immunizations required by all schools, nationwide. 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.***

We welcome any questions regarding the above information and look forward to your arrival in August.

Sincerely yours,

Nancy Calabrese, CRNP  
Lynda Turner, CRNP  
S. David Krimins, M.D.