

# Vax to school:

Check your immunization record.



## Vax to school: Make sure you're covered.

Stay healthy as you start college. Check your immunization record to make sure you are up-to-date on vaccines.

### College immunization checklist — routinely recommended vaccines (if you haven't gotten them already):

		Dose 1	Dose 2	Dose 3
<b>For people who missed these vaccines as children</b>	MMR	<input type="checkbox"/>	<input type="checkbox"/>	
	Varicella	<input type="checkbox"/>	<input type="checkbox"/>	
	Hepatitis A	<input type="checkbox"/>	<input type="checkbox"/>	
	Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>For adolescents and young adults</b>	Meningococcal ACWY	<input type="checkbox"/>	<input type="checkbox"/> (Needed if first dose is given before age 16)	
	HPV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> (Needed if first dose is given after age 14)
<b>For adolescents and all adults</b>	Tdap	<input type="checkbox"/>	Get a Td booster every 10 years.	
	Influenza	Get a dose every year.		
	COVID-19	<input type="checkbox"/>	<input type="checkbox"/> (May need second dose depending on vaccine brand)	
<b>For some adolescents and young adults</b>	Meningococcal B	Check with a health care provider to see if this vaccine is right for you.		

Other vaccines might be recommended for you based on your age, vaccine history, travel and other factors.

# Information about vaccines typically recommended for young adults

## Where to find your immunization record:

- Check with your health care provider.
- If you got shots in Oregon, call ALERT IIS at 1-800-980-9431 or email [alertiis@state.or.us](mailto:alertiis@state.or.us). More complete records are likely for students born after 1995.
- Did you get shots outside of Oregon? Call your doctor's office in that state or try contacting its registry: <https://www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html>.

## Where to receive vaccines:

- Campus health center
- Clinic
- Pharmacy
- Call 211 to find a vaccine clinic near you

It's always a good idea to call ahead to make sure the vaccine is available.

## Human papillomavirus (HPV)

### *What is it and how do you get it?*

HPV is a virus that is very common among sexually active people. HPV can cause serious cancers of the cervix, penis, other genital areas, anus, mouth and throat. The numbers of head and neck cancers caused by HPV are increasing, especially among men. While most infections do not result in cancer, HPV can also cause genital warts and other health issues.

### *Signs and symptoms*

Most people with HPV don't know they are infected. However, they might pass the virus to others. A person may clear the virus on their own, but in some cases the virus persists and causes cancer. Women who have had sexual contact should receive regular pap smears even if they have no symptoms. Pap smears can detect cervical pre-cancers that can be eliminated before they progress to cancer. There aren't routine screening tests for other types of HPV-related cancers.

### *Prevention is your best bet*

- Get vaccinated! Depending on your age when you get the first dose, people need two or three doses.
- HPV infections can occur by skin-to-skin contact in areas not covered by condoms or dental dams. However, these safer sex measures may provide some protection.
- Get regular pap tests.

## Tetanus, diphtheria and pertussis

### *What is it and how do you get it?*

Tetanus, diphtheria and pertussis (also known as whooping cough) are three diseases caused by bacteria.

Tetanus is caused by contamination of a wound. Diphtheria and pertussis are spread by respiratory transmission.

### *Signs and symptoms*

- **Tetanus** — lock jaw, muscle weakness, paralysis
- **Diphtheria** — membrane forms at the back of the throat, breathing problems, possible effect on heart and skin
- **Pertussis** — fits of coughing, sometimes hard enough to cause vomiting or breaking a rib. It is especially dangerous if passed to babies.

### *Prevention is your best bet*

- Get vaccinated!
- Women should be vaccinated while pregnant to pass on antibodies to their babies.
- Cover your cough and use good hygiene.

## **Meningococcal disease**

### ***What is it and how do you get it?***

Meningococcal disease is a rare but very serious bacterial infection of the blood or the lining of the brain and spinal cord. It is spread by close contact with a person's oral or nasal secretions, such as kissing or sharing food, drinks or anything touching your mouth. People living in close quarters such as dorms, fraternities and sororities are at higher risk.

### ***Signs and symptoms***

Warning signs of meningococcal disease include:

- Fever
- Headache
- Stiff neck
- Lethargy or delirium
- Sometimes a rash

It is critical to get treatment immediately if you suspect you have meningococcal disease. The disease can progress extremely fast, leading to hospitalization, amputations, organ damage or death in as little as 24 hours.

### ***Prevention is your best bet***

- Get vaccinated! There are two different vaccines protecting against different strains of meningococcal bacteria: ACWY and B. If you get one, it doesn't protect against the other. Check with a health care provider to see if you should get both vaccines.
- Don't share things that have touched a person's mouth: drinks, smoking materials, cosmetics, etc.
- Wash your hands before you eat or touch your face.

## **COVID-19**

### ***What is it and how do you get it?***

COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience symptoms that persist for months.

COVID-19 is thought to spread mainly through close contact from person to person, including through the air. People who are infected but do not show symptoms can also spread the virus to others.

### ***Signs and symptoms***

- Most common symptoms: fever, cough, headaches, fatigue, muscle aches, loss of taste or smell, sore throat, nausea, diarrhea
- Severe symptoms: trouble breathing, pain or pressure in the chest, confusion, inability to wake or stay awake, pale, gray, or blue-colored skin, lips, or nail bed.

### ***Prevention is your best bet***

- Get vaccinated!
- Wear a mask in public if you are unvaccinated or not feeling well.
- Stay 6 feet away from people in public.
- Wash your hands often.

## Influenza (flu)

### *What is it and how do you get it?*

Influenza is caused by a virus spread by saliva or mucus from the mouth or nose. It is passed by coughs, sneezes and infected persons' hands.

### *Signs and symptoms*

Fever, cough, muscle aches, fatigue, nausea

### *Prevention is your best bet*

- Get vaccinated! Get a dose of flu vaccine every year. When you get vaccinated, you can help stop the spread of flu to loved ones, including infants and the elderly, who are at higher risk of severe disease.
- Cover your cough.
- Stay home when you are sick.
- Wash your hands frequently.

## Treatment for diseases

There are few prescription medications that will treat a vaccine-preventable disease. Even with early medical treatment, the impact from these diseases can be serious with some causing lifelong problems.

## Benefits, risks and limitations of vaccines

- Vaccines reduce the risk of getting a disease or make the disease less severe if you do get it.
- As with any medicine, including vaccines, there is a chance of side effects. Common reactions are a sore, red arm as well as mild fever and fainting afterwards. A very small number have a severe reaction such as an allergic reaction.

*Want more information about these vaccines and others? Go to <https://www.cdc.gov/vaccines/vpd/vaccines-diseases.html>.*

Nobody likes being sick, especially before that big midterm. Staying up-to-date on your immunizations will keep you and your friends hitting the books instead of the bed.

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