

Name _____ Date of Birth _____



Health and Wellness Services

Vaccination Documentation

Vaccinations require additional proof of receipt, attach necessary documents.

TO BE COMPLETED BY PHYSICIAN:

Measles/Mumps/Rubella (MMR)

Option 1: MMR Vaccination

Dose Date (1) _____ Dose Date (2) _____

Option 2: Titers

Measles Titer Date _____ Result: _____

Mumps Titer Date _____ Result: _____

Rubella Titer Date _____ Result: _____

Attach copies of laboratory results for titers.

Meningitis

Vaccinations must have been received within five (5) years of submission.

Option 1: Menomune™ (MPSV4) Vaccine

Dose Date: _____

Option 2: I have had the Menactra™ (MCV4) Vaccine

Dose Date: _____

Option 3: I have had the Meningococcal B Vaccine (2-dose)

Dose Date (1) _____ Dose Date (2) _____

Option 4: Waiver

I will not obtain immunization against meningococcal meningitis disease. I have read, or have had explained to me, the information regarding meningococcal meningitis disease.

I understand the risks of not receiving the vaccine.

Waiver Signature _____

Please Upload to Student Wellness Portal: <https://tompskinscortland.studenthealthportal.com>

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**Vaccination Documentation
Continued**

OPTIONAL: COVID-19 Vaccination

Dose 1:

Date: _____ Manufacturer: _____

Dose 2:

Date: _____ Manufacturer: _____

Dose 3:

Date: _____ Manufacturer: _____

Two Weeks before Start of Semester, upload this document to the Student Wellness Portal with all supporting documentation. Link: <https://tompkinscortland.studenthealthportal.com>; you will need Student ID # and Email for New Registrants. Alternatively, mail to: TC3 Health Services, Tompkins Cortland Community College, 170 North St, PO Box 139, Dryden NY, 13053-0139. Or fax to: 607-844-6533, print clearly on the fax cover sheet: Student's Name, and DOB.

Please Upload to Student Wellness Portal: <https://tompkinscortland.studenthealthportal.com>



Health and Wellness Services

New York State Department of Health Information

What is Meningococcal disease?

Meningococcal disease is caused by bacteria called *Neisseria meningitidis*. It can lead to serious blood infections. When the linings of the brain and spinal cord become infected, it is called meningitis. The disease strikes quickly and can have serious complications, including death. Anyone can get meningococcal disease. Some people are at higher risk. This disease occurs more often in people who are:

- Teenagers or young adults
- Infants younger than one year of age
- Living in crowded settings, such as college dormitories or military barracks
- Traveling to areas outside of the United States, such as the “meningitis belt” in Africa
- Living with a damaged spleen or no spleen, or having sickle cell disease
- Being treated with the medication Soliris® or who have a complement component deficiency (an inherited immune disorder)
- Exposed during an outbreak
- Working with meningococcal bacteria in a laboratory

What are the symptoms?

Symptoms appear suddenly – usually 3 to 4 days after a person is infected. It can take up to 10 days to develop symptoms. Symptoms may include:

- A sudden high fever
- Headache
- Stiff neck (meningitis)
- Nausea and vomiting
- Red-purple skin rash
- Weakness and feeling very ill
- Eyes sensitive to light

How is meningococcal disease spread?

It spreads from person-to-person by coughing or coming into close or lengthy contact with someone who is sick or who carries the bacteria. Contact includes kissing, sharing drinks, or living together. Up to 1 in 10 people carry meningococcal bacteria in their noses or throats without getting sick.

Is there treatment?

Early diagnosis of meningococcal disease is very important. If it is caught early, meningococcal disease can be treated with antibiotics. But, sometimes the infection has caused too much damage for antibiotics to prevent death or serious long-term problems. Most people need to be cared for in a hospital due to serious, life-threatening infections.



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What are the complications?

Ten to fifteen percent of those who get meningococcal disease die. Among survivors, as many as one in five will have permanent disabilities. Complications include:

- Brain damage
- Kidney damage
- Hearing Loss
- Limb Amputations

The single best way to prevent this disease is to be vaccinated.

Vaccines are available for people 6 weeks of age and older. Various vaccines offer protection against the five major strains of bacteria that cause meningococcal disease:

- All teenagers should receive two doses of the vaccine against strains A, C, W, and Y, also known as the MenACWY or MCV4 vaccine. The first dose is given at 11 to 12 years of age, and the second dose (booster) at 16 years.
- It is very important that teens receive the booster dose at age 16 years in order to protect them through the years when they are at greatest risk of meningococcal disease.
- Teens and young adults can also be vaccinated against the “B” strain, also known as the MenB vaccine. Talk to your healthcare provider about whether they recommend a vaccine against the “B” strain.
- Others who should receive meningococcal vaccines include:
 - Infants, children and adults with certain medical conditions
 - People exposed during an outbreak
 - Travelers to the “meningitis belt” of sub-Saharan Africa
 - Military recruits

Please speak with your healthcare provider if you may be at increased risk.

Who should not be vaccinated?

Some people should not get the meningococcal vaccine, or they should wait. Tell your doctor if you have any severe allergies. Anyone who has ever had a severe allergic reaction to a previous dose of meningococcal vaccine should not get another dose of the vaccine. Anyone who has a severe allergy to any component in the vaccine should not get the vaccine. Anyone who is moderately or severely ill at the time the shot is scheduled should probably wait until they are better. People with a mild illness can usually get the vaccine.