

## Immunization Requirements & Recommendations

The California State University (CSU) is committed to the protection of health and wellness of all students. To comply with this overarching goal, CSU campuses implement procedures to ensure that students are educated about and receive immunizations to prevent potentially serious and contagious diseases.

Immunizations, Screening Requirements, and Recommendations are adopted from the California Department of Public Health (CDPH) IMMUNIZATION & SCREENING RECOMMENDATIONS FOR COLLEGE STUDENTS.

**NOTE:** Any revisions of the CDPH recommendations for colleges and universities as of February 1<sup>st</sup> each year will be reflected in CSU requirements for the subsequent fall academic term.

**CSU students are REQUIRED to obtain the following vaccines and undergo screening/risk assessment for Tuberculosis:**

<u>Required Immunizations &amp; Screenings</u>	<u>Required Dosage &amp; Screening Information</u>
Measles, Mumps and Rubella (MMR)	Two (2) doses with first dose on or after 1st birthday; OR positive titer (laboratory evidence of immunity to disease)
Varicella (Chickenpox)	Two (2) doses with first dose on or after 1st birthday; OR positive titer. History of contracting the disease does not meet compliance.
Tetanus, Diphtheria and Pertussis (Tdap)	One (1) dose after age 7
Meningococcal conjugate (Serogroups A, C, Y, & W-135)	One (1) dose on or after age 16 for all students and age 21 or younger
Hepatitis B (Hep B)	Students age 18 and younger (CA Health & Safety Code, Sec. 120390.5)
Screening/Risk Assessment: Tuberculosis (TB)	All incoming students must complete a Tuberculosis risk questionnaire. Incoming students who are at higher risk* for TB infection, as indicated by answering “yes” to any of the screening questions, should undergo either skin or blood testing for TB infection within 1 year of CSU entry.  <i>*Higher risk include travel to or living in South and Central America, Africa, Asia, Eastern Europe, and the Middle East; prior positive TB test; or exposure to someone with active TB disease.</i>

**CSU students are STRONGLY ENCOURAGED to obtain the following immunizations (please discuss with your provider):**

<u>Recommended Immunizations</u>	<u>Recommended Groups</u>
Hepatitis A (Hep A)	All students regardless of age
Hepatitis B (Hep B)	Students age 19 and older
Human papillomavirus (HPV)	For women and men through age 26
Influenza (Flu)	Annually; All students regardless of age
Meningococcal B (Meningitis B)	Students age 16 – 23 who elect vaccination after discussion with their healthcare provider
Meningococcal conjugate (Meningitis)	Students up to age 23
Pneumococcal	For students with certain medical conditions (e.g., severe asthma, diabetes, chronic liver or kidney disease)
Poliovirus (Polio)	Regardless of age, if the series was not completed as a child
Immunizations for international travel	Based on destination

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**There were many preventable diseases that were common before widespread vaccination programs began. Brief descriptions of common vaccine preventable diseases are listed below:**

<b>Diphtheria</b>	Causes a thick covering in the back of the throat. It can lead to breathing problems, paralysis, heart failure, and even death.
<b>Hepatitis A</b>	A serious liver disease that is usually spread by close personal contact or by eating contaminated food or water. Hepatitis A can cause mild, "flu-like" illness, jaundice (yellow skin or eyes), and severe stomach pains and diarrhea. Teens and adults are most likely to have a severe case.
<b>Hepatitis B</b>	Another serious liver disease that can cause short-term (acute) appetite loss, diarrhea, vomiting, fatigue, jaundice (yellow skin or eyes), and/or pain in muscles, joints, and stomach. It also can cause long-term (chronic) illness that leads to liver damage (cirrhosis), liver cancer, and death.
<b>Human Papillomavirus</b>	A virus that causes genital warts and a variety of cancers, and is spread by direct skin-to-skin contact.
<b>Influenza (flu)</b>	A contagious viral disease spread through coughing or sneezing. Influenza can lead to pneumonia, sinus or ear infections, worsening of chronic conditions such as asthma or diabetes, and even death.
<b>Measles</b>	This virus causes a rash, cough, runny nose, eye irritation, and fever. It can lead to ear infections, pneumonia, seizures, brain damage, and even death.
<b>Meningococcal Disease</b>	A typically severe bacterial infection that can cause hearing loss, learning problems, brain damage, or loss of limbs. About 1 in 10 people with meningococcal disease will die from it. The disease is spread when people live in close contact or through other close contact such as partying or kissing. Teens and young adults have a higher risk for meningococcal disease.
<b>Mumps</b>	This virus causes fever, headache, swollen glands and painful swelling of the testicles or ovaries. It can lead to deafness, meningitis (infection of the brain and spinal cord covering), and, rarely, death.
<b>Pertussis</b>	Also called <i>whooping cough</i> , causes prolonged coughing spells for weeks to months that can end in vomiting. It can lead to pneumonia, seizures (jerking and staring spells), brain damage, and death.
<b>Polio</b>	A disease caused by a virus which can cause paralysis (cannot move arms or legs). It can kill people who get it, usually by paralyzing the muscles that help them breathe.
<b>Pneumococcal disease</b>	A leading cause of bacterial meningitis in the United States. It causes many health problems in, including pneumonia, meningitis, blood infections, sinus infections, ear infections, and even death.
<b>Rubella</b>	Also known as <i>German Measles</i> , this virus usually causes mild fever and a rash. However, if a woman gets rubella while pregnant, she could have a miscarriage or her baby could have serious birth defects.
<b>Tetanus</b>	Also called <i>Lockjaw</i> , this is a painful tightening of the muscles, usually all over the body. It can lead to "locking" of the jaw so the person cannot open their mouth or swallow. Tetanus can be fatal.
<b>Tuberculosis</b>	A disease caused by a bacterium called <i>Mycobacterium tuberculosis</i> . The bacteria usually attack the lungs, but can infect any part of the body, such as the kidney, spine, and brain. If not treated properly over several months, tuberculosis can be fatal.
<b>Varicella</b>	Also known as <i>Chickenpox</i> , this virus causes a rash, itching, fever, and tiredness. While chickenpox is usually a mild illness, it also can lead to severe skin infections, scars, pneumonia, brain damage, or death.