

Incoming Health Requirements 2022 -2023



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UC San Diego Student Health

UC San Diego

STUDENT HEALTH AND WELL-BEING

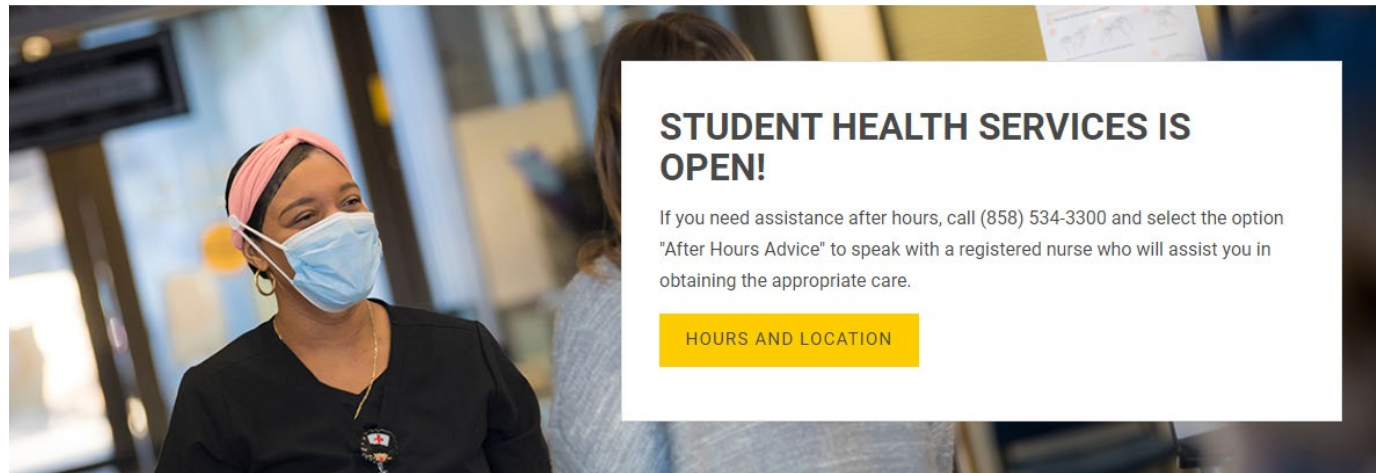
Why does the University of California have health requirements?

- ▶ To **protect** you, your friends, your classmates and the entire University community from vaccine preventable communicable diseases!
- ▶ To **prevent outbreaks** that cause significant personal and academic disruption.



How do I start the health requirement process?

The Student Health Website <https://studenthealth.ucsd.edu/>



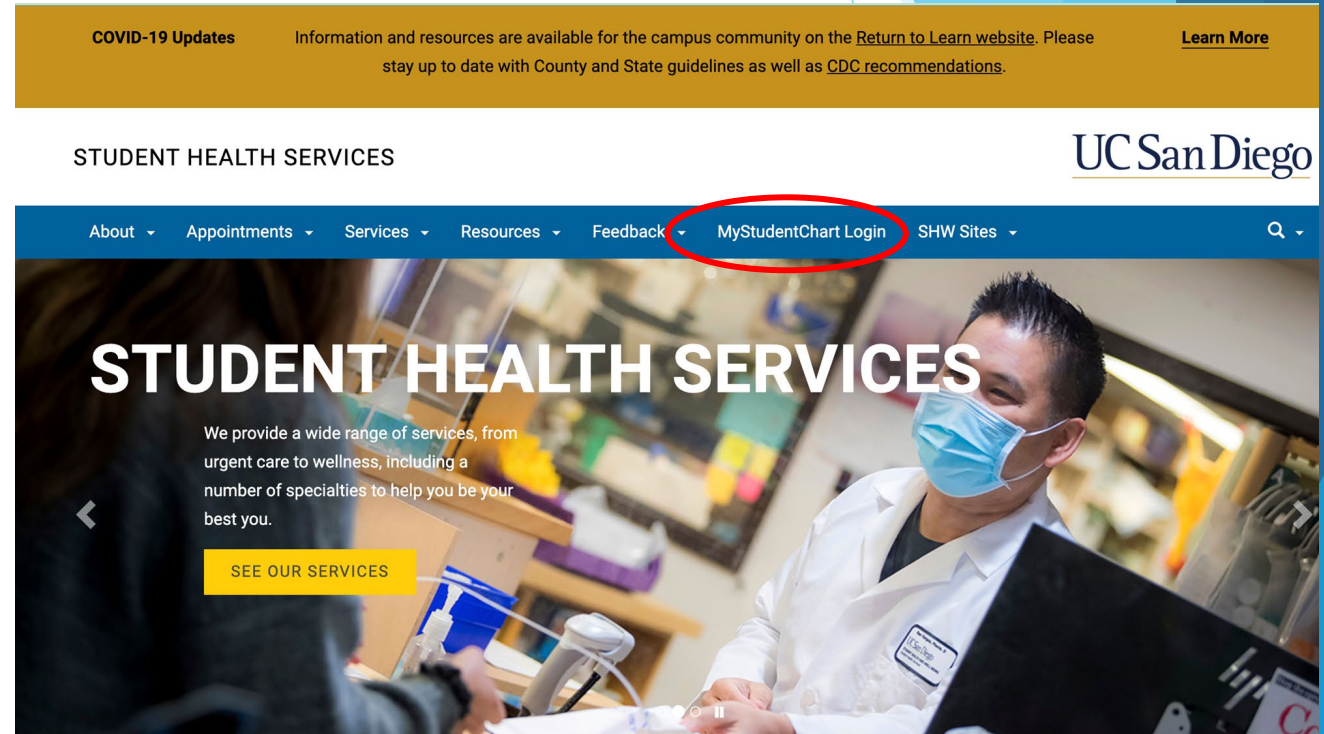
QUICK LINKS

- [Health Alerts \(COVID-19 Boosters, Flu & Typh Clinics\)](#)
- [Health Requirements for Incoming Students](#)
- [How to get tested for COVID-19 and access care](#)
- [Self Assessment Tools](#)
- [Get Yourself Tested for STIs](#)
- [Patient Rights and Responsibilities](#)

Sign-up for MyStudentChart

<https://mystudentchart.ucsd.edu/shs/>

- You will need your UCSD Student AD login (email and password)
- You will be issued a campus username and email account soon after accepting an offer of admission.
- If you have any issues with your AD login:
<https://blink.ucsd.edu/technology/network/access/>



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What are Health Requirements?



Tuberculosis Screening



Regular Immunizations/Vaccines

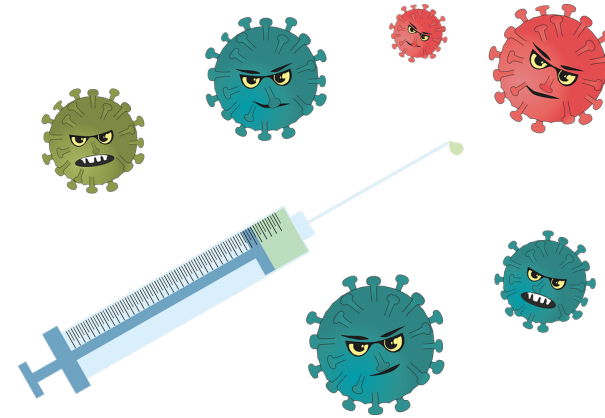
- ❖ Tdap
- ❖ Measles, Mumps & Rubella (MMR)
- ❖ Varicella (Chickenpox)
- ❖ Meningococcal (MCV4)



COVID-19 Vaccines (FDA & WHO Approved only)



Influenza is under consideration for Fall/Winter 2022-2023





Epic Student Portal - MyStudentChart

Go to <https://mystudentchart.ucsd.edu/shs>

Home | Support/Contact | Billing Questions

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MyStudentChart

Communicate with your doctor
Get answers to your medical questions from the comfort of your own home

Request prescription refills
Send a refill request for any of your refillable medications

Access your test results
No more waiting for a phone call or letter – view your results and your doctor's comments within days

Manage your appointments
Schedule your next appointment, or view details of your past and upcoming appointments

Incoming Students: Check the [Health Requirements](#) page for your login date to complete your health requirements.

For health related emergencies, call 911. For immediate attention from your physician, call the clinic directly.

Thanks for using MyChart.
You have been logged out.
[Ver en Español](#)

Click to sign in with UCSD Student AD Login

[Click here to troubleshoot your AD login](#)

Use the signup and login below only if you cannot log in with the AD LOGIN button above.

MyChart Username
Password

Sign in

[Forgot username?](#) [Forgot password?](#)

New User?
Sign up now

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MyStudentChart – Demo

- ▶ SHS Health Requirements for Incoming Students incl. Forms
- ▶ Logon [here](#)
- ▶ Go onto the Student Health website > MyStudentChart Login
- ▶ Follow link provided in Triton Checklist or Graduate Division instructions
- ▶ Welcome page includes link to requirements & Ask a Nurse
- ▶ Menu > COVID-19
- ▶ Menu > Immunizations and Screening

Tuberculosis Risk Screening

Deadline: July 11th, 2022 (all incoming students)

- ▶ Complete the 5 Question TB Risk Screening Questionnaire
- ▶ If prompted take the TB Testing form to your Health Care Provider
- ▶ TB Testing can include:
 - TB Skin Test (PPD) or
 - IGRA Blood Test (Quantiferon or T-Spot)
 - Chest Xray (report in English needs to be uploaded)
- ▶ Student Health Registered Nurse will review your submission
- ▶ Messages will be sent with missing items or follow up



**COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN
ENROLLMENT HOLD**



Regular Immunization Requirements

Deadline: July 11th, 2022

Holds placed: November 1st, 2022
(Grads/UN)

- ▶ Obtain your vaccine records for Tdap, MMR, Varicella & Meningococcal (ACWY)
- ▶ Use the Immunization Form to guide you (found in MyStudentChart or on the SHS website) OR your own vaccine records
- ▶ Form contains strong recommended vaccines that are useful to have in your medical records
- ▶ Go to your Health Care Provider to have the form filled out if you have no records and/or to receive missing vaccines/blood titers
- ▶ Submit what you have had even if incomplete, you have the start of the Fall Qtr to complete all vaccines



**COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN
ENROLLMENT HOLD**

Regular Immunization Guide



TDAP

- ADULT Tetanus and Diphtheria with PERTUSSIS (Whooping cough)
- 1 dose on or after the 7th birthday

MMR (MEASLES, MUMPS & RUBELLA)

- 2 doses on or after the 1st birthday at least 28 days apart
- OR blood test (titer) to show immunity if uncertain or if have had the disease
- Single vaccines: 2 doses of measles & mumps, 1 dose of rubella

VARICELLA (CHICKEN POX)

- 2 doses on or after the 1st birthday at least 28 days apart
- OR blood test (titer) to show immunity if uncertain or if have had the disease

MENINGOCOCCAL VACCINE

- For students 22 years or younger
- 1 dose on or after the 16th birthday
- Does not include Meningococcal B vaccine

COVID-19 Vaccine

Deadline: July 11th, 2022

- ▶ Enter in MyStudentChart in COVID-19 section
- ▶ FDA & WHO-Approved only
(Moderna, Pfizer, Janssen, Oxford/AstraZeneca, Covishield, Covaxin, CanSino, Novavax, Sinopharm - BBIBP only, Sinovac)
- ▶ Primary series & 1 booster dose
- ▶ Vaccines available on campus first half of Fall Qtr



COVID-19 Vaccine Exemption/Deferral

- ▶ Types of exemption/deferral:
- ▶ **Medical Exemption:** An excuse from receiving the COVID-19 vaccine due to a medical contraindication or precaution.
- ▶ **Deferral (Pregnancy):** An approved deferral of vaccination based on pregnancy. Pregnancy deferral will extend throughout the term of the pregnancy.
- ▶ **Religious Objection:** A covered individual's objection to receiving the COVID-19 vaccine based on that person's sincerely held religious belief, practice or observance.
- ▶ **Disability:** A physical or mental disorder or condition that limits a major life activity and any other condition recognized as a disability under applicable law.

COVID-19 Vaccine Exemption/Deferral

[Visit the UC San Diego Services and Support portal >](#)

COVID-19 Vaccination Exception Request - Student

COVID-19 Vaccination Exception Request

To complete an exemption or deferral please identify the form you need. All fields must be completed on your exemption/deferral request or it may be delayed. Thank you for visiting ServiceNow to request your exemption/deferral.

The University strongly recommends that all members of the University community obtain the COVID-19 vaccine as soon as they are eligible. Before physically accessing the University's Locations and Programs you will need to be fully vaccinated or have an approved exemption or deferral.

If you have an approved primary vaccine exemption, this exemption will also cover boosters.

Student Name:

Student PID:

Student Email:

Phone Number:

*Please select the type of COVID-19 Vaccine Exemption / Deferral requested:

- ☐ Medical
- ☐ Deferral (Pregnancy)
- ☐ Religious
- ☐ Disability
- ☐ International students unable to access vaccine
- ☐ Remote form

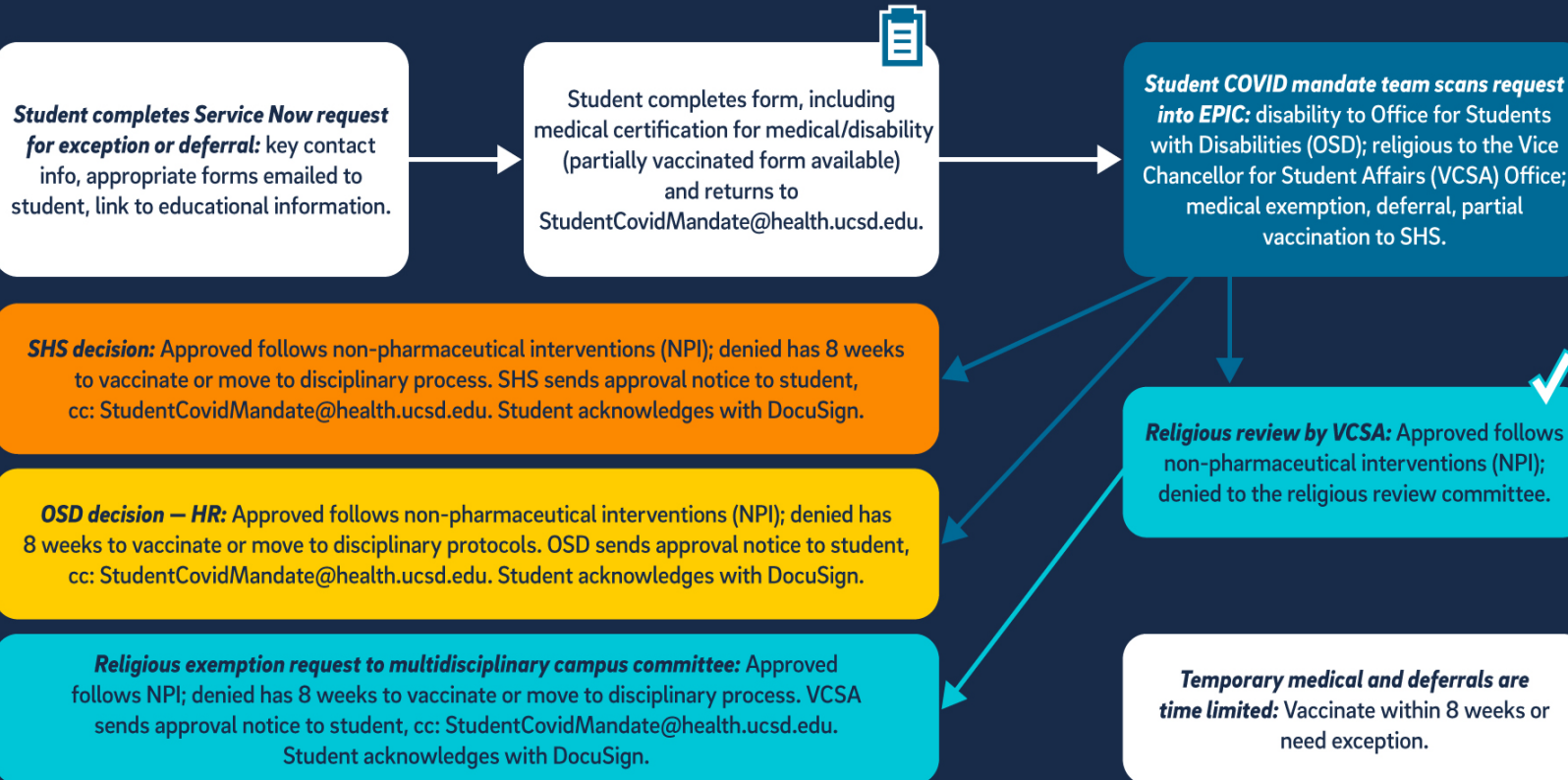
*Are you seeking an exemption for the primary series or booster?

Important

Please check your email after submitting this form. You will be sent a link to an additional form to submit via email.

COVID-19 Vaccine Exemption/Deferral Process

Student Exception/Deferral Process





FREQUENTLY ASKED QUESTIONS

1. WHERE CAN I FIND MY VACCINE RECORDS?

- Early childhood records
- Health providers/Medical records
- High School
- Other colleges/schools you have attended



2. SOME OF THE VACCINES ARE NOT AVAILABLE IN MY COUNTRY CAN I GET THEM ONCE ON CAMPUS?

- All vaccines are available at Student Health on campus by appointment only
- No charge with UCSHIP
- COVID-19 Vaccine & Influenza/Tdap mass vaccine clinics

3. I HAVE AN ALLERGY OR OTHER MEDICAL REASON WHY I CANNOT GET ONE OR MORE OF THE VACCINES WHAT SHOULD I DO?

- Go to the Student Health website and download a Medical Exemption form and have your healthcare provider fill it out for you



FREQUENTLY ASKED QUESTIONS CONTINUED...

4. WHAT DO I DO IF I CANNOT FIND ANY OF MY VACCINE RECORDS?

- You can have blood tests for MMR & Varicella

5. I HAD THE BCG VACCINATION AS A CHILD FOR PROTECTION AGAINST TB, DO I NEED TO DO TB TESTING?

- This does not offer lifelong protection so yes

6. MY TB SKIN TEST WAS POSITIVE WHAT DO I DO?

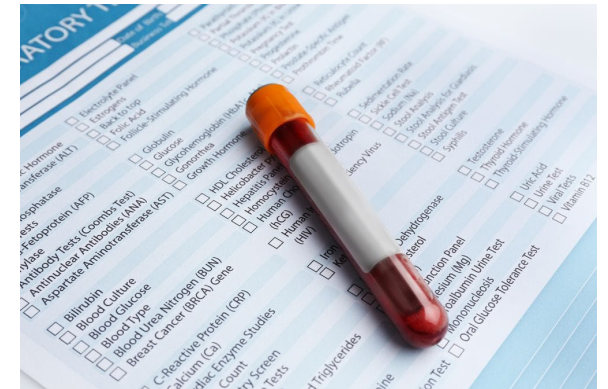
- You should have your healthcare provider order a Chest X-ray

7. MY MEDICAL RECORDS ARE NOT IN ENGLISH WHAT SHOULD I DO?

- Please have them translated

8. ARE THERE ANY SPECIAL CONSIDERATIONS WHEN RECEIVING VACCINES OR TB TESTING AND THE COVID-19 VACCINE?

- As per the CDC do not get TB Skin (PPD) or TB Blood (Quantiferon) testing within 4 weeks of having had the COVID-19 vaccine. No special consideration for the COVID vaccine



How can I get help if I need it?

- ▶ Send us a message to "Ask-a-Nurse" in MyStudentChart
- ▶ Email shstb@health.ucsd.edu if you are having technical difficulties
- ▶ Everything is on our website including all forms
<https://studenthealth.ucsd.edu/resources/health-requirements/index.html>
- ▶ Please complete requirements as soon as you can to avoid enrollment holds!



Questions?

- ▶ The Student Health Nursing team is here to help you along the way
- ▶ Message us through ASK-A-NURSE in MyStudentChart if you have any questions
- ▶ Start early to avoid academic holds preventing enrollment in classes

