INCOMING HEALTH REQUIREMENTS 2024

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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 reduce outbreaks** that cause significant personal and academic disruption.
WHAT ARE THE HEALTH REQUIREMENTS?

💡 Tuberculosis Screening +/- testing for those at higher risk

💉 Immunizations/Vaccines
  - Tdap
  - Measles, Mumps & Rubella (MMR)
  - Varicella (Chickenpox)
  - Meningococcal (MCV4)
  - COVID-19 updated dose

🔥 Influenza/COVID updated dose for Fall/Winter 2024-2025
HOW DO I START THE HEALTH REQUIREMENT PROCESS?

The Student Health Website [https://studenthealth.ucsd.edu/](https://studenthealth.ucsd.edu/)
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/
EPIC STUDENT PORTAL - MYSTUDENTCHART

Go to https://mystudentchart.ucsd.edu/shs
• Login to MyStudentChart
• Or go onto the Student Health website > MyStudentChart Login
• Follow link provided in Triton Checklist or Graduate Division
• Welcome page includes link to requirements & Ask a Nurse
• Desktop/App
• Navigation (COVID-19 Vaccines/TB/Regular Immunizations)
• MENU > IMMUNIZATIONS & SCREENING
• MENU > COVID-19
• Uploads
TUBERCULOSIS RISK SCREENING

Deadline: July 10th, 2024

• 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 10th, 2024
Holds placed: November 1st, 2024

- 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
REGULAR IMMUNIZATION GUIDE

**TDAP**
- ADULT Tetanus and Diphtheria with PERTUSSIS (Whooping cough)
- 1 dose on or after the 11th birthday
- Dtap or Td do not meet the requirement

**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

**MENINGOCOCAL ACWY VACCINE**
- For students 22 years or younger
- 1 dose on or after the 16th birthday
- Brand names: Menactra, Menveo, Menquadfi
- Does not include Meningococcal B vaccine
COVID-19 VACCINE MANDATE
Deadline: July 10th, 2024

- Enter in MyStudentChart, **MENU > COVID-19**
- Up to date COVID dose since September 2023
- Can postpone until Fall 2024
- Pfizer, Moderna or Novavax
- Vaccines available at Student Health – Nurses Clinic
- Declination available for religious beliefs (on main immunization form)
- Medical exemption for clinical reasons
FREQUENTLY ASKED QUESTIONS

1. WHERE CAN I FIND MY VACCINE RECORDS?
   - Early childhood records
   - Health providers/Medical clinics
   - High School
   - Other colleges/schools you have attended

2. WHAT DO I DO IF I CANNOT FIND ANY OF MY VACCINE RECORDS?
   - You can have blood tests for MMR & Varicella

3. SOME OF THE VACCINES ARE NOT AVAILABLE TO ME 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/HPV vaccine clinics
4. 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

5. MY TB SKIN TEST WAS POSITIVE WHAT DO I DO?
   ▪ You should have your healthcare provider order a Chest X-ray

6. MY MEDICAL RECORDS ARE NOT IN ENGLISH WHAT SHOULD I DO?
   ▪ Please have them translated

7. MY RELIGIONS BELIEF EXCLUDES VACCINES
   ▪ Can only decline COVID-19 vaccines on this category

8. 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
DEADLINES & ENROLLMENT HOLD DATES

**TUBERCULOSIS**

- Need complete the TB Risk Assessment AND TB testing if indicated
- Deadline July 10th
- Holds placed July 30th
- Once a hold is placed submit as soon as you can and the hold will be lifted

**IMMUNIZATIONS**

- Submit as many vaccine dates as you can before deadline of July 10th
- Get any missing vaccines on campus or in the US during the Fall Quarter
- Submit before November 1st
- Holds placed November 1st
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