



SHC MISSION STATEMENT: The UWL Student Health Center is dedicated to providing cost-effective, evidence-based, student-centered healthcare that promotes wellness and academic success in an atmosphere of kindness, inclusivity, and respect.

Dear Students and Parents,

On behalf of the UW La Crosse Student Health Center (SHC) staff, I would like to welcome you to UWL and wish you a productive and healthy college career. We are looking forward to meeting you and supporting you through your college years.

We provide a full spectrum of primary care and wellness services in addition to same day appointments for injury and illness. Visits to the Student Health Center are included in your student fees and we typically do not bill insurance plans. Please note there is a small cost for labs, x-rays, procedures, and medications dispensed on site. Please see our website for full information on cost, hours, and services: <https://www.uwlax.edu/student-health-center/>.

Please complete the Student Health Survey Forms at

https://uwlax.ca1.qualtrics.com/jfe/form/SV_7P0ZnyJDq6Tge21. The forms (due December 4, 2020) are used to verify a student's immunization record, and to provide the SHC staff with information about specific health concerns and emergency notification contacts. Please note that **all incoming UWL students MUST submit an up-to-date immunization history, including vaccination dates.**

The SHC recommends that all students attending UWL are up to date on all recommended vaccines prior to starting college. You should be able to obtain vaccination records from your family physician's office. Students who are not up to date may receive their vaccines at the SHC with an associated cost. The influenza vaccine is highly recommended to all students and will be available on campus. In addition, please see the addendum regarding Meningitis and Hepatitis B vaccination for students living in our residence halls.

UWL requires students follow all CDC and public health recommendations for treatment and prevention of COVID 19; including, use of face coverings on campus, 6 feet physical distancing, and good hand hygiene. COVID-19 testing is available to all students with symptoms or 5-7 days after a known exposure. You may also be asked to participate in a COVID screening program even if you do not have symptoms.

A physical examination is not required for general admission to the University. However, please inform the Student Health Center of any ongoing chronic medical problems. Pertinent records may be faxed to 608-785-8746.

Participation in intercollegiate sports requires a medical statement from your personal physician. This exam can be done at the SHC. A scheduled appointment for this exam can be made following the start of the semester. Please obtain the correct form from the ATHLETIC OFFICE (Room 126, Mitchell Hall).

Please do not hesitate to contact us regarding any health concerns or questions on the required paperwork (608) 785-8558.

Sincerely,

Abigail Deyo, M.D.
Medical Supervisor

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Surround yourself with good health. Surround yourself with UW-La Crosse.

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In accordance with AB 344 signed by Governor Jim Doyle, effective January 1, 2004, **all residence hall students must be provided information regarding the risks associated with meningococcal disease and hepatitis B and the availability and effectiveness of vaccines against disease.**

Meningitis

Meningococcal disease is quite rare, but can be fatal. The bacterium, *Neisseria meningitidis*, causes both meningitis (infection around the brain) and septicemia (blood poisoning). The reported incidence of meningitis illness in college students is about 1.5 per 100,000 students annually. The incidence increases to 3.24 per 100,000 annually for students living in resident housing. Social behaviors, such as excessive alcohol consumption, bar patronage, and exposure to cigarette smoke also increase risk for the disease. Good personal hygiene habits, e.g. frequent hand washing, and not sharing eating utensils or drinks, reduce the risk of disease.

Meningitis Vaccine Effectiveness

The UWL Student Health Center recommends that all students living in residence halls receive the vaccine. The meningococcal vaccine, Menveo, provides protection against 70%-80% of meningococcal disease and the vaccine offers protection for 5-10 years. The vaccine is quite safe and the most common side effects are local tenderness at the injection site, mild body aches or low-grade fever.

UWL students can call **608-785-8558** to make an appointment to receive the immunization at the Student Health Center. The cost is \$120.00 - \$145.00 (subject to change) and will be billed to their student account. The immunization is usually available through your local MD. Check our website for information about the new meningitis B vaccine. Please contact the Student Health Center if you have additional questions.

Hepatitis B Risk

Hepatitis B is a serious viral illness that can strike silently and cause long-term illness that may lead to liver damage, liver cancer or death. Hepatitis B enters the blood stream invading the liver, and causing disruption of normal function. In 2001, 78,000 people were infected with the Hepatitis virus. Thirty percent had no symptoms but went on to infect others.

Symptoms of the Disease

In the mildest case you may never know you had an infection. Symptoms during the acute phase may include loss of appetite, tiredness, diarrhea and vomiting, yellowing of the skin or eyes (jaundice) or pain in the muscles, joints, and stomach. Recovery may take weeks or months. In the most serious cases, the disease scars the liver and may lead to liver cancer.

Transmission

You can get Hepatitis B by direct contact with the blood or body fluids of an infected person. Contact with blood through cuts, open sores or mucous membranes (mouth or vagina) of an infected person can transmit the virus. Transmission is possible by sharing needles as with steroid injections, ear or body piercing, intravenous street drugs or getting a tattoo. Hepatitis B can be transmitted through semen, vaginal secretions or saliva. Individuals who engage in unprotected vaginal, oral or anal sexual intercourse are at risk of acquiring Hepatitis B.

Hepatitis B Vaccine Effectiveness There is no cure, but Hepatitis B can be prevented. The Hepatitis B vaccine is extremely safe and provides greater than 96% protection against Hepatitis B infection. You cannot get the disease from the vaccine. Vaccination requires a series of three shots over a six-month period. Students can receive the vaccine at the UWL Student Health Center. Each injection costs \$45.00 (subject to change) and will be billed to the student's account. Please contact the Student Health Center if you have additional questions.

Other Forms of Prevention

In addition to vaccination, students can modify their behavior by using condoms during sex and avoiding tattooing and body piercing with non-sterile instruments or techniques. They can also avoid sharing needles, pierced earrings, razors or toothbrushes.