

Dear Students and Parents,

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

Attached you will find health information forms. The Health Center uses these forms to verify a student's immunization record, and to provide the Student Health Center staff with information about specific health concerns, emergency notification contacts, and family health insurance. Please note that **all incoming UWL students MUST submit an up-to-date immunization history, including vaccination dates.** You might be able to obtain this information from your high school or from your family physician's office.

The UWL Student Health Center recommends all students attending UWL receive an annual flu vaccine and students living in resident housing receive the meningitis vaccine. Both vaccines are offered at the Health Center at a reduced cost (2016 prices: \$15.00/\$20.00-flu injection, and \$95.00 - \$155.00 for meningitis).

A physical examination is not required for general admission to the University. However, please inform the Student Health Center of any ongoing medical problems. You may do this by indicating the problem on the enclosed form or by having your personal physician send us a summary letter. The health center is happy to work with your own medical provider to ensure continued care for any ongoing medical condition.

Participation in intercollegiate sports requires a medical statement from your personal physician. This exam can be done at the University Student Health Center. 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 complete the attached health information forms as soon as possible and fax, mail or bring them to the Student Health Center. Our goal is to maintain your health. If you become ill, injured or need to be seen for any reason call **608-785-8558** for a same day appointment. Scheduled appointments and an urgent care clinic are also available. The Student Health Center is located in the Health Science Center at 1300 Badger Street. Our hours are Monday, Wednesday and Friday: 8 a.m.-4 p.m., Tuesday 9 a.m.-4 p.m. and Thursday 8 a.m.-4 p.m. with limited appointment times until 7 p.m. Hours and services vary during break and interim times.

Visit our website at www.uwlax.edu/studenthealth/ for additional information. Once classes begin you may access the OpenCommunicator portal at <https://myhealth.uwlax.edu> for secure online services.

Sincerely,



Kristin E. Swanson, M.D.
Interim Director of Student Health Center

Student Health Center

1300 Badger Street

La Crosse, WI 54601

Telephone: (608) 785-8558 Fax: (608) 785-8746

www.uwlax.edu/studenthealth

Name (Last)		(First)	(Middle)	Telephone Number
Birth Date	Sex	Permanent Address		Student I.D.
	<input type="radio"/> M <input type="radio"/> F			

Health Information

Immunization Record

TD/Tdap (please specify)	Most Recent Date:			Booster dose is recommended every 10 years. One of these should include pertussis.
MMR Measles, Mumps and Rubella	First Dose-Date:	Second Dose-Date		Two doses recommended. Indicate month/year for all doses after age 12 months. Not needed if student born before 1957.
Varicella (Chicken Pox)	First Dose-Date:	Second Dose-Date	or Date of Dose	Recommended for all students who have not had the disease in childhood. Two doses needed.
Hepatitis A	First Dose-Date:	Second Dose-Date		Two dose series recommended for persons at increased risk and for international travel.
Hepatitis B	First Dose-Date:	Second Dose-Date	Third Dose-Date	Recommended for all students. Required for students in education and health care fields. Three doses needed.
Meningitis (Menveo or Menactra)	Date dose given:	Second Dose-Date		Recommended for entering freshman, dorm residents or immunocompromised.
Meningitis B (Bexsero or Trumenba)	Date Dose-Date	Second Dose-Date	Third Dose-Date	
TB Test	Most Recent Date:	Results: <input type="radio"/> Pos (chest x-ray required) <input type="radio"/> Neg		Recommended for all students.
Influenza (Flu Shot)	Most Recent Date:			Recommended annually for all students. Available at Student Health Center.
DPT	Date:	Date:	Date:	List other immunizations.
Polio				
HPV				

Can attach a recent copy of your state's Immunization Registration

Emergency Notification

Specify parent(s) / guardian(s) to be notified in case of emergency

Name _____ Relationship _____

Telephone (home): _____ (work): _____

OR

Name _____ Relationship _____

Telephone (home): _____ (work): _____

Health Information

Allergies: Yes No

Please List:

Medications: Yes No

Please List:

Chronic Illnesses (Asthma, Diabetes, etc.)

Please List:

Health Insurance

Company _____ Telephone: _____

Name of Policy Holder _____ Policy Number: _____

CONSENT FOR TREATMENT:

I hereby authorize any University of Wisconsin-La Crosse Student Health Center staff to render any emergency treatment, medical or surgical care deemed necessary to maintain health and well-being even if treatment requires hospitalization at an accredited local hospital:

____ / ____ / ____
Date

Signature of Student

____ / ____ / ____
Date

Signature of parent of guardian if student is under legal age of 18

University of Wisconsin-La Crosse - Student Health Center

Tuberculosis (TB) Screening Questionnaire (to be completed by incoming students and returned to the University of Wisconsin-La Crosse Student Health Center, 1300 Badger St, Suite 1030, La Crosse, WI 54601)

Please answer the following questions:

Have you ever had close contact with persons known or suspected to have active TB disease? Yes No

Were you born in one of the countries listed below that have a high incidence of active TB disease? Yes No

(If yes, please CIRCLE the country, below)

- | | | | | |
|----------------------------------|---------------------------------|------------------------------|-----------------------|-----------------------|
| Afghanistan | Côte d'Ivoire | Japan | Nicaragua | Sudan |
| Algeria | Croatia | Kazakhstan | Niger | Suriname |
| Angola | Democratic People's Republic of | Kenya | Nigeria | Swaziland |
| Argentina | Korea | Kiribati | Pakistan | Syrian Arab Republic |
| Armenia | Democratic Republic of the | Kuwait | Palau | Tajikistan |
| Azerbaijan | Congo | Kyrgyzstan | Panama | Thailand |
| Bahrain | Djibouti | Lao People's Democratic | Papua New Guinea | The former Yugoslav |
| Bangladesh | Dominican Republic | Republic | Paraguay | Republic of |
| Belarus | Ecuador | Latvia | Peru | Macedonia |
| Belize | El Salvador | Lesotho | Philippines | Timor-Leste |
| Benin | Equatorial Guinea | Liberia | Poland | Togo |
| Bhutan | Eritrea | Libyan Arab Jamahiriya | Portugal | Tunisia |
| Bolivia (Plurinational State of) | Estonia | Lithuania | Qatar | Turkey |
| Bosnia and Herzegovina | Ethiopia | Madagascar | Republic of Korea | Turkmenistan |
| Botswana | Fiji | Malawi | Republic of Moldova | Tuvalu |
| Brazil | Gabon | Malaysia | Romania | Uganda |
| Brunei Darussalam | Gambia | Maldives | Russian Federation | Ukraine |
| Bulgaria | Georgia | Mali | Rwanda | United Republic of |
| Burkina Faso | Ghana | Marshall Islands | Saint Vincent and the | Tanzania |
| Burundi | Guam | Mauritania | Grenadines | Uruguay |
| Cambodia | Guatemala | Mauritius | Sao Tome and Principe | Uzbekistan |
| Cameroon | Guinea | Micronesia (Federated States | Senegal | Vanuatu |
| Cape Verde | Guinea-Bissau | of) | Seychelles | Venezuela (Bolivarian |
| Central African Republic | Guyana | Mongolia | Sierra Leone | Republic of) |
| Chad | Haiti | Morocco | Singapore | Viet Nam |
| China | Honduras | Mozambique | Solomon Islands | Yemen |
| Colombia | India | Myanmar | Somalia | Zambia |
| Comoros | Indonesia | Namibia | South Africa | Zimbabwe |
| Congo | Iraq | Nepal | Sri Lanka | |

Source: World Health Organization Global Health Observatory, Tuberculosis Incidence 2010. Countries with incidence rates of ≥ 20 cases per 100,000 population. For future updates, refer to <http://apps.who.int/ghodata>

Have you had frequent or prolonged visits* to one or more of the countries listed above with a high prevalence of TB disease? (If yes, CHECK the countries, above) Yes No

Have you been a resident and/or employee of high-risk congregate settings (e.g., correctional facilities, long-term care facilities, and homeless shelters)? Yes No

Have you been a volunteer or health-care worker who served clients who are at increased risk for active TB disease? Yes No

Have you ever been a member of any of the following groups that may have an increased incidence of latent *M. tuberculosis* infection or active TB disease – medically underserved, low-income, or abusing drugs or alcohol? Yes No

If the answer is YES to any of the above questions, The University of Wisconsin-La Crosse requires that you receive TB testing as soon as possible but at least prior to the start of the subsequent semester).

If the answer to all of the above questions is NO, no further testing or further action is required.

* The significance of the travel exposure should be discussed with a health care provider and evaluated.

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 \$95.00 - \$155.00 (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 \$36.00 (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.