



## Health Services Required Form

### Meningitis Requirements:

Iowa law requires us to educate about Meningococcal Disease (Meningitis) and the meningitis vaccine. Meningitis is an infection of the fluid surrounding the brain and spinal cord that is caused by a virus or bacteria. Bacterial meningitis is highly contagious and can be fatal or result in serious long term effects such as blindness, coma, amputations, and permanent brain damage. While not common, the risk for this disease is greatest in people under the age of 20 who are living in close quarters and who may share eating utensils, personal hygiene items, or through close personal contact (e.g., kissing). There are vaccines available that can help prevent bacterial meningitis. Meningitis vaccines cannot prevent all types of the disease. The CDC recommends a Meningitis vaccine booster for students who received their first vaccine before the age of 16. It is currently recommended at age 11-12, so if it was received then, a booster should be given before the start of college.

A second meningitis vaccine, the serogroup B meningococcal vaccine, was recently approved in June 2015 by the Advisory Committee on Immunization Practices. It is recommended routinely for people 10 years or older who are at increased risk for serogroup B meningococcal infections and may also be given to anyone 16 through 23 years old to provide short term protection against most strains of serogroup B meningococcal disease. This is a 2-dose series, given at least 1 month apart. Meningitis vaccines are NOT a requirement at MMU, but are strongly recommend for anyone who wants to reduce risk—especially students living in residence halls, and for other adolescents who want to decrease their risk of contracting bacterial meningitis. Information is collected on freshmen in residence halls regarding the meningitis vaccine.

- Yes, I have read the above information on Meningitis (Meningococcal disease and vaccines).
- Yes, I have been vaccinated for Meningococcal Meningitis.
- No, I have not been vaccinated for Meningococcal Meningitis.



### Health Insurance Information

- Copy of Front and Back of Health Insurance Card Attached*

All students must provide a photocopy of the front and back of their current health insurance card.  
(Please identify the student on the copy if their name is not on the insurance card.)

- MMU does NOT sponsor a specific insurance plan for students.

All health requirement forms must be completed in English and submitted to Mount Mercy University Health Services at least one month before arrival to Mount Mercy by one of the following:

**Fax:**(319) 363-754.

**Scan and email:** to [healthservices@mtmercy.edu](mailto:healthservices@mtmercy.edu)

**Mail:** Mount Mercy Health Services 1330 Elmhurst Dr. NE Cedar Rapids, Iowa 52402