

Mount Mercy University Student Health Requirements for Attendance

Measles Requirements:

Based on The Centers for Disease Control and the American College Health Association guidelines, Mount Mercy University requires that all new (including transfer and graduate) students born on or after January 1, 1957, show proof of immunization or immunity to measles. Measles immunizations may be found on your immunization record listed as Measles, MMR, MR, or Rubeola (titer).

- Provide the University with certification from a health care provider of an official signed record showing proof that they have either received immunization against measles, mumps and rubella with vaccines that meet the standards for such biological products that have been approved by the United States Public Health Service and the State of Iowa Department of Health; or evidence of immunity by history of disease or serological evidence.

To meet the requirement, **ONE** of the following must be provided:

1. Proof of two measles and/or combination measles, mumps, rubella (MMR) vaccination dates. The first measles vaccination must be administered after one year of age; the second measles vaccination must be administered at least 28 days after the first vaccination,
2. Proof of immunity to measles by positive rubeola (measles) titer or history of measles disease, OR
3. Proof of religious or medical exemption by submitting the Iowa Department of Public Health Exemption Form.

http://www.cou.net/uploads/medical_religious_exemption.pdf

If measles immunizations are needed, the student may visit their current health care provider or contact their county health department for vaccinations. Please note there will be charges associated with vaccines.

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.

TB (tuberculosis) Screening:

All incoming International students are required to complete a tuberculin screening questionnaire to determine if a TB test is necessary.

- International students determined necessary to have a TB test are required to have a QuantiFERON Gold or T-SPOT TB Test completed in the United States in the past six months. If the TB test is not covered by their insurance, the student will be required to pay for the test at the time of service.
- Students with positive tests will be referred to a local healthcare provider.
- If a student previously tested positive for TB or has been treated for active TB disease, the student must attach documentation of the test and treatment with his/her health records.

No other immunizations are required for admittance; however, it is highly recommended that students consider the following vaccines:

- Meningitis – booster recommended at age 16 or prior to attending college
- Hepatitis B
- HPV
- Chicken Pox
- Tetanus – a booster is required every 10 years

Students should consult their primary care provider regarding the above vaccines.

- **Please note:** Students enrolled in health sciences curricula are required to have more extensive immunizations and should consult their respective academic programs regarding those requirements.

Health Insurance:

1. All new residential students must provide a photocopy of the front and back of their **current** health insurance card.
 - MMU does NOT sponsor a specific insurance plan for domestic students.

2. All International Students attending MMU are required to have health insurance and provide proof of the health insurance.
 - The United States does NOT have a national health insurance program. New international students are required to have Health Insurance for themselves and any dependents who accompany them to the United States.
 - View Lower Insurance options for international students
3. All athletes must have current health insurance and provide proof with a photocopy of the front and back of their **current** health insurance card in order to participate in any practices and competitions.
 - **Please note:** Student athletes have additional athletic forms that must be completed and should consult athletics regarding those requirements.

Where & When to send the forms

All student health requirement forms must be completed in English and submitted to Mount Mercy University Health Services by fax at 319-363-7543 or by email to @mtmercy.edu at least one month before arrival to Mount Mercy University.

Without documented proof of the required forms, a student's registration will be cancelled.

- **It is recommended that students maintain a copy of the forms for their own records.**

Missed Classes

When a student is absent from class due to illness or injury, it is the responsibility of the student to communicate with his/her professor and to follow the requirements of the professor regarding the course work missed. Penalties for absenteeism depend upon the policy and discretion of the professor, as outlined in the course syllabus.