Patient Information:

Immunization: Protect Yourself & Others

Understanding Vaccination Requirements and the Immunization History Form

The United States is continuing its national campaign to control vaccine-preventable diseases in children and adults. The terms “immunization” and “vaccine” are often used interchangeably. To achieve the full potential of vaccines, the U.S. has developed required and recommended lists for its citizens and international visitors who enroll or work in public institutions. For example: To enter the public school system, children in the United States must meet all required state immunization standards. This insures that vaccine-preventable diseases will be kept at their lowest rates.

Students enrolling at Virginia Tech must complete the Immunization History Form with exact dates of vaccines and the tuberculosis skin test. A link to a digital copy of the Immunization History Form can be found (and subsequently printed) by visiting www.healthcenter.vt.edu. A doctor, physician assistant, or nurse must verify the immunization dates and sign the completed Immunization History Form. The following information may be helpful in identifying and completing the necessary vaccinations required by Virginia State Law and Virginia Tech.

Local Facilities Providing Vaccines and Screening Tests:
(Refer to charts regarding vaccine abbreviations)

Intravene Travel Clinic
Call 1-877-947-3902 ext. 2172
Approximate cost per injection as of 08/03/2010. Costs & items may vary; call for specific prices and availability. Each traveler is charged a non-refundable research/nursing fee of $35.00 during appointment scheduling. Please discuss alternatives with your immunization provider if Pertussis sensitivity exists. Additional information: www.intravene.net/travel.htm.

MMR: $60.00  Hep-B: $80.00 each for adults 20 years and older;  
Tdap: $50.00  Meningococcal: $125.00  
IPV: $40.00  Tetanus: $35.00

Montgomery County Health Department
Call 540-381-7100
Approximate cost per injection as of 08/02/2010. Prices include office visit, vaccination administration fee. All prices are subject to change based on state purchases. Cost & items may vary; call for specific prices, availability and insurance coverage. Please discuss alternatives with your immunization provider if Pertussis sensitivity exists.

MMR: $45.00  IPV: $45.00  
Tdap: $87.00  Hep-B: $105.00 each for adults 20 years and older;  
PPD: $34.75  IPV: $40.00 each for adolescents under 19 years old.  
(TPP assessment & test)  Meningococcal: $158.36  
PPD: $25.50  (PPD assessment only)

Schiffert Health Center
Call 540-231-7621
Approximate cost per injection as of 08/05/2010. Prices include office visit, vaccination administration fee. All prices are subject to change based on state purchases. Cost & items may vary; call for specific prices, availability and insurance coverage. Please discuss alternatives with your immunization provider if Pertussis sensitivity exists.

MMR: $62.00  Hep-B: $37.00 each for adults 20 years and older;  
Tdap: $41.00  Meningococcal: $114.00  
PPD: $8.00  IPV: $32.00  HPV: $155.00 each

Screening Test

<table>
<thead>
<tr>
<th>Screening Test</th>
<th>Prevents against...</th>
<th>When is it administered?</th>
<th>In the first 24 hours after screening test injection, some people may experience:</th>
</tr>
</thead>
</table>
| PPD (Purified Protein Derivative) Tuberculosis (TB) Skin Test | PPD test checks for Tuberculosis: a potentially fatal, contagious, bacterial disease that is spread by coughing  
Do not give PPD if MMR has been given less than 4 weeks prior. PPD may be given before OR on the same day of MMR vaccine injection. | PPD skin test is required for those who may be at risk for TB exposure (regardless of having BCG vaccine).  
(See see “Tuberculosis Risk Assessment Form“ to determine if you are at risk. A form can be requested at Schiffert Health Center.)  
A return visit is required 2-3 days after initial injection so that a nurse or doctor can look at the injection area and record results.  
If you have lived in a high-risk country, and have a negative test performed outside the United States, you must have the test repeated in the United States. | PPD  
Small, raised bump will appear immediately after injection. It should disappear in 5-15 minutes.  
Within 2-3 days, these symptoms may appear:  
□ Redness  
□ Raised bump area  
□ Bruising  
Symptoms should not be painful. Contact your nurse or doctor if symptoms become painful. |

For more immunization information visit: http://www.cdc.gov/vaccines/pubs/vs/Pages/default.htm – follow the link for Vaccine Information Sheets (VIS) translated into a variety of languages.
**Immunization: Protect Yourself & Others**

**REQUIRED VACCINES:** MMR, Tdap, TD, Meningococcal, Hepatitis B, IPV

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Prevents against...</th>
<th>When is it administered?</th>
<th>In the first 24 hours after vaccination, some people may experience: These usually go away by the 2nd day. If they don't, call your doctor or nurse for advice.</th>
</tr>
</thead>
<tbody>
<tr>
<td>MMR (Measles, Mumps, Rubella) / Measles Vaccine</td>
<td>MMR</td>
<td>MMR/PPD must be given together. OR If MMR vaccine injection is given first, then you MUST WAIT 4 weeks to have TB test. Your vaccination record must show 2 doses (2 separate injections) of MMR. □ Dose 1 must be given at 12 months of age or older. □ Dose 2 may be given at any time but at least 30 days after dose 1. OR Your vaccination record must show 2 doses of measles and mumps and 1 dose of rubella. <strong>Exceptions:</strong> proof of disease for measles and mumps (not rubella) or lab proof of immunity for each (measles, mumps, and rubella)</td>
<td>MMR Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
</tr>
<tr>
<td>Mumps Vaccine</td>
<td>Mumps</td>
<td>Rubella (or German measles); a viral infection, which can cause serious abnormalities in babies born to infected mothers</td>
<td></td>
</tr>
<tr>
<td>Rubella Vaccine</td>
<td>Rubella (or German measles); a viral infection, which can cause serious nervous system disease in adults</td>
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<td></td>
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<tr>
<td>Tdap (Tetanus, Diphtheria, Acellular Pertussis) / Tetanus Vaccine</td>
<td>Tdap</td>
<td>Given once as a replacement dose for Td in the booster series (see “Td” below). Some exceptions may apply.</td>
<td>Tdap Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
</tr>
<tr>
<td>Tetanus Vaccine</td>
<td>Tetanus (or lockjaw); a serious nervous system disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphtheria Vaccine</td>
<td>Diphtheria; a bacterial disease of the respiratory system</td>
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<tr>
<td>Acellular Pertussis Vaccine</td>
<td>Acellular Pertussis (also known as “Whooping Cough”); A bacterial infection of the respiratory system</td>
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<tr>
<td>Td (Tetanus, Diphtheria) / Tetanus Vaccine</td>
<td>Td</td>
<td>A complete vaccine series includes 3 doses (3 separate injections). □ A booster is given every 10 years after the initial 3 dose series. Your vaccination record should show your last dose within 10 years prior to arrival at Virginia Tech.</td>
<td>Td Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
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<tr>
<td>Tetanus Vaccine</td>
<td>Tetanus (or lockjaw); a serious nervous system disease</td>
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<td>Diphtheria Vaccine</td>
<td>Diphtheria; a bacterial disease of the respiratory system</td>
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<td></td>
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<tr>
<td>Meningococcal (“Meningitis vaccine”)</td>
<td>Meningococcal</td>
<td>Meningococcal 1 dose (1 injection) will last approximately 8 years. This vaccine is required for incoming students. Students have the option of completing a waiver form to refuse vaccination.</td>
<td>Meningococcal Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
</tr>
<tr>
<td>HEP-B (Hepatitis B) / Hepatitis B Vaccine</td>
<td>HEP-B</td>
<td>A complete vaccine series includes 3 doses of vaccine (3 separate injections): □ Recommended at 0, 1, and 6 months. □ If doses are delayed, series does not have to be restarted. □ Students have the option of completing a waiver form to refuse vaccination.</td>
<td>HEP-B Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
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<tr>
<td>HEP-B</td>
<td>Hepatitis B; a viral disease affecting the liver</td>
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<tr>
<td>IPV (Inactivated poliovirus vaccine) / Inactivated Poliovirus Vaccine</td>
<td>IPV</td>
<td>A complete adult series in the United States is 3 vaccine doses. □ If complete series is given during childhood, it is not needed in the United States for adults (unless traveling to high risk areas outside the United States). □ If traveling to areas where risk of exposure to polio is high, 1 dose of the vaccine is recommended as an adult.</td>
<td>IPV Minor symptoms: □ Fever □ Aches □ Chills □ Headaches □ Soreness (in the arm)</td>
</tr>
</tbody>
</table>
# Immunization:
## Protect Yourself & Others

<table>
<thead>
<tr>
<th>Recommended Vaccines</th>
<th>Prevents against...</th>
<th>When is it administered?</th>
<th>In the first 24 hours after vaccine injection, some people may experience:</th>
<th>Minor symptoms:</th>
</tr>
</thead>
</table>
| **VAR** (*"chicken pox shot") **Varicella** | Chicken Pox: a viral disease spread by coughing and sneezing, which can cause serious disease in adults | A complete vaccine series requires 2 doses of vaccine (2 separate injections):  
- At least three months apart if given at 12 months of age to 12 years of age  
- 2 doses (2 separate injections) if given after ≥ age 13  
  ▪ Dose 2 must be given 4-8 weeks after dose 1 | Not available at Schiffert Health Center | Fever, Aches, Headaches, Soreness (in the arm) |
| **INFLUENZA** (*"The flu shot") | Influenza: a viral infection of the respiratory system | This vaccine includes 1 dose by injection given every year.  
- The vaccine is usually available October - November and any time during the influenza season (December - March).  
*Watch for On-campus immunization clinic promotions during fall semester.* | Available at Schiffert Health Center | Fever, Aches, Headaches, Soreness (in the arm) |
| **HPV** | Human Papilloma Virus: a viral infection and most common sexually transmitted virus in the United States. | A complete vaccine series includes 3 doses (3 separate injections)  
Recommended schedule is:  
- Dose 2 given 2 months after dose 1  
- Dose 3 given 6 months after dose 1  
- If series is interrupted, it does not need to be restarted | Available at Schiffert Health Center | Fever, Redness, pain, swelling, itching at injection site |
| **HEP-A** (*Hepatitis a*) **Hepatitis A** | Hepatitis A: a viral disease affecting the liver | A complete vaccine series includes 2 doses of vaccine (2 separate injections):  
- 6 months recommended between doses  
- If doses are delayed, series does not have to be restarted  
Available at Schiffert Health Center | Available at Schiffert Health Center | Fever, Aches, Headaches, Soreness (in the arm) |
| **RABIES** | Rabies: A viral infection of the central nervous system | A series of 3 injections is recommended before exposure for high risk individuals such as veterinarians and cavers.  
- If not pre-vaccinated, a series of 5 injections and RIG (Rabies Immune Globulin) is recommended after exposure (usually bite or scratch) to a wild, stray or otherwise unfamiliar animal.  
Recommended for Veterinary Medicine Students  
Available at Schiffert Health Center | | Fever, Aches, Headaches, Soreness (in the arm) |

## Self-Care for Minor Symptoms
### After Vaccine Injection
(Refer to the last column in each chart)

#### For fever & other symptoms:
- Take Tylenol®, OR Aspirin®, OR Advil®, OR Motrin®
  *Read & follow package directions precisely or ask pharmacist how to use these products*
- Drink lots of fluids
- Lukewarm bath/shower

#### For soreness you may try:
- Cold compresses (apply during the first 3 days)