

Eastern Nazarene College

Adult and Graduate Studies

Helpful Hints for Completing ENC Health Requirements

Eastern Nazarene College and the State of Massachusetts General Laws and the Massachusetts Department of Public Health (DPH) require that all full time undergraduates and graduates provide proof of the following Immunizations:

- **MMR** – 2 MMR vaccines or blood work to prove immunity (titer) or born in the US before 1957
- **Tdap** – Tdap vaccine unless Tetanus vaccine was within past 5 years
- **Hepatitis B** – 3 Hepatitis B vaccines or blood work to prove immunity (titer)
- **Varicella** – 2 Varicella vaccines or blood work to prove immunity (titer) or reliable history of chickenpox disease-verified and signed by a doctor, NP or PA or born in US before 1980

Most students enrolled in adult or graduate studies at ENC are considered full time.

Below are some tips to help you complete your immunization requirements:

1. **Look for documentation of immunizations you have already had.** These may be found in the following places:

Your own personal medical records

Your parents' records or files (sometimes located with a "baby book")

Your current doctor's office– you may print them off of a portal such as MyHealth On-line

A previous doctor (especially a pediatrician) may still have them on file

Some employers require immunizations and may have kept a record

Your high school nurse's office

A previous college's health services office

MyHealthVet – Veteran's may print them off of their on-line account

2. If you find any records, **check to see that you have completed everything you need and that everything was given at the proper times.** Here is more information about each vaccine:

2 MMR vaccines This is a vaccine for measles, mumps and rubella. Most people in the US received these before they went to kindergarten. The first vaccine must be given after 12 months of age and the second must be at least 1 month after the first. If you were born in the US before 1957, you do not need any documentation for these vaccines. If you have had blood work drawn for a titer, it must be positive for all three-measles, mumps and rubella.

Tdap vaccine This is a vaccine for tetanus and whooping cough. If you don't have documentation of a tetanus vaccine within the past 5 years, you must get a Tdap vaccine. If you have had a tetanus vaccine in the past 5 years, the Tdap is not required, but it is highly recommended.

3 Hepatitis B vaccines This is a series of three vaccines. The first two must be at least a month apart and the third is given at least 4 months after the first and at least 2 months after the second. It is acceptable if the length of time between vaccines is longer, it just can't be less than these intervals.

2 Varicella vaccines This is the chickenpox vaccine. The first one must be given after 12 months of age and the second must be at least 1 month after the first. If you were born in the US before 1980, you do not need any documentation for these vaccines.

3. If you are missing anything, you will need to either provide proof of immunity or get the required vaccines.

Blood work to prove immunity If you know you have had the MMR, Hepatitis B or Varicella vaccines (or had chickenpox disease) and do not have documentation, you can have your doctor draw blood for a *titer* to prove that you are immune. If the titer results show that you are immune, then you have completed the requirement for those vaccines. If it does not show that you are immune, you will need to get all the required vaccines for that series.

Vaccines If the above vaccines are covered by your insurance, you may be able to get them at your doctor's office. Some City or County Health Departments (or Board of Health) will provide immunizations at a reduced rate. CVS Minute Clinics, Walgreens, Target, Walmart, Rite Aid, and some Urgent Care centers also provide immunizations. Wherever you go to get your vaccines, take the ENC immunization form with you.

Special Notes

- **MMR** – If you have a blood work drawn for a titer, it must show that you are immune to all three - measles and mumps and rubella. If any of these are not positive, you must either have 2 MMR vaccines or 1 MMR vaccine and a repeat titer.
- **Hepatitis B** - The Hepatitis B vaccines were not given to the general public until the early 1990s. Therefore, they may not have been a part of your childhood vaccines. If you did not need them for a job or school since the 1990s or you do not remember getting them for another reason, then it is very likely you have never had the vaccines. We realize that the Hepatitis B vaccines are a series of 3 and that there are minimum intervals in between each vaccine. Therefore, when you have completed all the other immunization requirements, including the first Hepatitis B vaccine and as long as it is not time for your second one, then you are cleared until it is time for your second vaccine. When you receive your second Hepatitis B vaccine, please send us the documentation of it and then we will clear you again until time for your third vaccine. While you are cleared, you will not receive any late fees.

- **Varicella** - If you know you have had the chickenpox, you can either have blood work drawn for a titer to prove that you are now immune or you can get a signature from a doctor, NP or PA that verifies that you have a reliable history of the chicken pox disease. If you have not had the chickenpox disease or two vaccines, you will need to get both Varicella vaccines unless you were born before January 1, 1980.

Please return your completed immunization form to:

Eastern Nazarene College Health Services

23 E. Elm Avenue

Quincy MA, 02170

or fax to 617-745-3928, Attention: Patsy Malas

If you have any questions about the health requirements, please contact Patsy Malas, campus nurse at 617-745-3893 or Dianne McDonough, Brickley Center office manager, at 617-745-3892.