

# IMMUNIZATION AND PHYSICAL EXAM INFORMATION

## Required Vaccines

1. **Tetanus Booster.** Required every eight to ten years. Must have current immunization for entrance into college. The recent rise in the number of pertussis (whooping cough) cases among adolescents and young adults has resulted in the availability of a vaccine which provides added immunity to pertussis when Tetanus/Diphtheria boosters are received.
2. **Measles-Mumps-Rubella (MMR)—2 doses.** First dose MUST be AFTER first birthday and at least one month apart. Documentation by physician and/or blood titer may be acceptable; please contact LC Health Services for details.
3. **Tuberculosis Screening.** Each student MUST complete the Tuberculosis Risk Questionnaire. If ALL questions are NO, then NO TB test is required. IF any of the questions are YES, then a TB skin test or documentation of follow up care will be REQUIRED. Please contact LC Health Services for details.

## Recommended—but not required

1. **Meningitis (Meningococcal) Immunization.** Studies indicate that college-age students who live in a residence hall setting face a greater risk of contracting meningitis disease than those who do not. The youngest students (freshmen) are at greatest risk for the disease. The disease is rare, but potentially fatal, bacterial infection.
2. **Chickenpox (Varicella) Immunization.** Chickenpox is a common childhood disease. It is usually mild in children, but it can be severe in adults—including college students. The disease may spread more easily in the close quarters of a college environment. Almost everyone who did not get chickenpox during childhood will get it eventually. A vaccine is available and is highly recommended for those persons who have not had chickenpox disease.
3. **Hepatitis B Immunization.** Hepatitis B virus infects 300,000 individuals each year. Immunization against Hepatitis B virus consists of three (3) injections, given over a period of six (6) months. Many students have received some or all of the doses, if all three have not been completed, the student is encouraged to continue the series to completion—it is not necessary to begin the series again.
4. **Hepatitis A Immunization.** Hepatitis A is a virus that causes a liver disease and can make people very ill for one to six months. It can be spread easily by having close contact with someone who has Hepatitis A or by eating food or drinking water that has been contaminated with Hepatitis A virus. Immunization against Hepatitis A virus consists of two (2) injections, given over a six (6) month period.
5. **HPV (Human Papillomavirus) Immunization.** Certain strains of HPV can cause diseases of the genital area, such as cervical cancer, precancerous lesions, or genital warts. Many people who have HPV may not show any signs or symptoms, so they can pass the virus to others and not know it. A vaccine has been developed to help decrease the risk of infections with the strains of HPV which cause the most serious problems. This vaccine has been approved for females age 9-26. It consists of a series of three (3) injections over a period of six (6) months. It is also being considered for males.

(OVER)

Please check with your physician or local health department regarding these immunizations. Preferably, students should receive the immunizations, or at least start any of the series prior to coming to Lincoln College. If you have any questions please contact LC Health Services at 217-735-5050 ext 340.

## **Physical Exam**

Students who participate in competitive sports (excluding intramural sports), cheerleading, and dance team at Lincoln College **MUST** have a physical examination, completed by a physician **EACH** year and **PRIOR** to the beginning of the sport/activity—**including any try outs**. If a prospective student is contemplating participating in a sport/activity, it is **best** to have the physical examination during the summer, prior to entering Lincoln College. A physical is good for **ONE** year from the date.

**Important:** A student **CAN NOT try out or start ANY practice without a physical** on file with Health Services. Do not wait until arriving to campus to obtain a physical. In Lincoln, a student will be competing with the local students from the grade school, junior high and high school to obtain times to schedule a physical, so it may not be for a few days or weeks before a date will become available. The student will be required to sit out of ALL activities until the physical is done.

**Forms are available online at [www.lincolncollege.edu](http://www.lincolncollege.edu).** (first click on Lincoln Campus, second click on Student Services, then click on Health Services. The link to download the form is at the bottom of the webpage. The form is also available by contacting Lincoln College Health Services @ 217-735-5050 ext. 340.