

## **I. Measles and Rubella**

Measles can be a serious and life threatening illness. As a public health measure and in accordance with the Centers for Disease Control guidelines, the University requires verification of measles (Rubeola) immunity for all students born after December 31, 1956. You may not be permitted to move into the residence halls without proof of measles (Rubeola) immunity on record with the University.

### ***Proof of immunity means:***

1. Two doses of measles (Rubeola) vaccine received after one year of age, at least one month apart; or
2. A blood test showing measles (Rubeola) immunity; or
3. Diagnosed measles (Rubeola) disease (health care provider's signature required).

### ***Additional Information and Recommendations***

If the student has no documentation of any dose of measles vaccine, vaccine should be given at the time of entry and the second dose no less than twenty-eight (28) days and no more than three (3) months later. It is recommended that both doses of measles vaccine be given as combined measles-mumps-rubella (MMR) vaccine. The documented date of immunization for both measles and rubella should include the day, month, and year. However, only month and year will suffice as long as the month and year show that the immunization was given at least 13 months of the month of birth. It is strongly recommended that all students, regardless of age, who have questionable immunity to measles or rubella be immunized unless otherwise contraindicated.

Since there is no evidence of increased risk from measles revaccination, it is recommended that those students who cannot provide an immunization date after extended research, those who present questionable immunization dates, and those with a questionable diagnosis of measles, be vaccinated (revaccinated) prior to move in. All immunizations should be given in accordance with the recommendations of the United States Public Health Service, Center for Disease Control's (CDC) Advisory Committee on Immunizations Practices.

## **II. Meningococcal Meningitis**

Meningococcal meningitis is an infection of the fluid of the spinal cord and brain, caused by a virus or bacteria and usually spreads through exchange of respiratory and throat secretions (i.e. coughing, kissing). Bacterial meningitis can be quite severe and may result in brain damage, hearing loss, or learning disability.

Meningitis is a rare but potentially dangerous illness that mainly affects children and young adults. However, college-aged students have a greater potential risk of outbreaks than the general population due to a prevalence of risk factors that are often part of campus life. These risk factors include residence hall living, active and passive smoking, bar patronage and alcohol consumption (more than 15 drinks per week).

A safe, effective vaccine is available and protects against four of the five strains of the disease for at least five years. The Center for Disease Control recommends that college students under 25 years of age, particularly those who plan to live in residence halls, receive the vaccine. As such, City University of Seattle requires the vaccine of all residential students.

Based on recommendations from the Centers for Disease Control (CDC) and the American College Health Association, **City University of Seattle requires all students living in the Residence Hall be vaccinated against meningitis.** Proof of receiving the vaccination within the past 5 years must be provided. There will be no access to residence halls without this vaccination.

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### **Acceptable documentation of immunization is ONE of the following (*copies only, please keep your originals*):**

1. School Certificate of Immunization.
2. Official immunization records from your health care provider or public health department.
3. Copy of your immunization card.
4. Copy of your military immunization record.
5. This form completed and signed by your health care provider.