What is meningococcal disease?
Meningococcal disease is caused by bacteria called Neisseria meningitidis. It can lead to serious blood infections. When the linings of the brain and spinal cord become inflamed, it is called meningitis. The disease strikes quickly and can have serious complications, including death. Anyone can get meningococcal disease. Some people are at higher risk. This disease occurs more often in people who are:
- Infants younger than one year of age.
- Traveling to areas outside of the United States, such as the “Meningitis Belt” in Africa.
- Living in crowded settings, such as college dormitories or military barracks.
- Living with a damaged spleen or no spleen.
- Being treated with Soliris® or who have complement component deficiency (an inherited immune disorder).
- Exposed during an outbreak.
- Working with meningococcal bacteria in a laboratory.

Complications include:
- Red-purple skin rash
- Weakness and feeling very ill
- Eyes sensitive to light

How is meningococcal disease spread?
It spreads from person-to-person by coughing or coming into close or lengthy contact with someone who is sick or who carries the bacteria. Contact includes kissing, sharing drinks, or living together. Up to one in 10 people carry meningococcal bacteria in their nose or throat without getting sick.

Is there treatment?
Early diagnosis of meningococcal disease is very important. If it is caught early, meningococcal disease can be treated with antibiotics. But, sometimes the infection has caused too much damage for antibiotics to prevent death or serious long-term problems. Most people need to be cared for in a hospital due to serious, life-threatening infections.

What are the symptoms?
Symptoms appear suddenly - usually three to four days after a person is infected. It can take up to 10 days to develop symptoms. Symptoms may include:
- A sudden high fever
- Headache
- Stiff neck (meningitis)
- Nausea and vomiting

What are the complications?
Ten to 15 percent of those who get meningococcal disease die. Among survivors, as many as one in five will have permanent disabilities. Complications include:
- Hearing loss
- Brain damage
- Kidney damage
- Limb amputations

A health form is required for all full-time students. (Complete pages 1 and 2 before going to your health care provider for physical examination.)

You may go into the OASIS registration system to read and electronically submit the Meningitis Letter.

Do you have medical insurance? ☐ Yes ☐ No (If yes, please attach copy of insurance card.)
If you are interested in or have any questions regarding the College Insurance Plan, please contact the Insurance Claims Specialist at (631) 420-2154.
**Physical Examination**

<table>
<thead>
<tr>
<th>Item</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>Weight</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Pulse</td>
</tr>
</tbody>
</table>

**Vision**

<table>
<thead>
<tr>
<th>Item</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Glasses: □ Yes □ No</td>
</tr>
<tr>
<td></td>
<td>Contacts: □ Yes □ No</td>
</tr>
<tr>
<td></td>
<td>Eye Glass Prescription</td>
</tr>
</tbody>
</table>

**Lab Work**

- **Mantoux Test for TB (within 1 year)**
- **Date of Test**
- **Results**: □ Positive □ Negative
- **Date of Chest x-ray**
- **Results**: □ Positive □ Negative

**Date of Physical Exam**

For females, **Date of LMP**

Please list all allergies.

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**Immunization Requirements**

New York State law and Farmingdale State College, in keeping with recommendations of the American College Health Association and the Centers for Disease Control, require all students born on or after January 1, 1957 who are attending an institution of higher education to show proof of two doses of live measles vaccine, one dose of live mumps vaccine and one dose of live rubella vaccine, given after one year of age. In lieu of immunization dates, the physician may provide a date of disease for measles and mumps only; history of rubella disease is not acceptable. Student may also choose to have blood tests called titers in lieu of immunizations which will show actual levels of immunity to each of the three diseases. If titers are drawn, please attach copies of actual laboratory reports.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Date of Disease/Immunization</th>
<th>Titer Date + Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td></td>
<td></td>
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<tr>
<td>Rubella</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis-B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus-Diphtheria</td>
<td>within 10 years</td>
<td></td>
</tr>
<tr>
<td>Meningococcal</td>
<td>within 5 years</td>
<td></td>
</tr>
</tbody>
</table>

**All Nursing, Dental Hygiene and Medical Laboratory Technology Students Must Submit the Following Titers, Which are Required for Their Clinical Rotations:**

- **Hepatitis B** (or proof of shots)
- **Measles**
- **Rubella**
- **Varicella**

Please use grid above to enter information. Please attach copies of laboratory reports for all titers.

**Recommendations for physical activity:** □ Unlimited □ Limited (with explanation below)

- □ Recommendations regarding care of this student (with explanation below)
- □ Student now under treatment for medical or emotional condition (with explanation below)

**For Students Who Plan to Participate in Athletics:**

- □ Student is fully cleared to participate in athletics
- □ Attach Athletic Cardiac Questionnaire (ATTACH COPY)

Have you been consulted or treated by a psychiatrist, clinical psychologist, social worker, or other counselor? □ Yes □ No

If yes, please explain.

Are you taking any medications? □ Yes □ No

If yes, please explain.

If you have been hospitalized or have any medical problems, please explain.

**Office Stamp**

Provider's Signature __________________________

Print Name __________________________

Address __________________________

Phone (______) __________________________

Fax (______) __________________________

RETURN THIS FORM TO:

Health and Wellness Center
Farmingdale State College
2330 Broadhollow Road
Farmingdale, NY 11735