



IMMUNIZATIONS



As a student at BYU, you will have contact with other students from across America and the world who could be carrying an infection. Therefore, we recommend that you be **current on your immunizations** and keep a **copy of your immunization record** with you. It is also important to **bring information about your health insurance coverage** if you are not planning to use the BYU Student Health Plan.

There are presently three additional immunizations, beyond the basic childhood series you have already received, that are now recommended by the Center for Disease Control (CDC) for college students. They are all available at the BYU Student Health Center.

Pertussis Booster (Whooping Cough)

When you were young, you should have received five injections of a Diphtheria/tetanus/pertussis (DTaP) vaccine. The Tetanus/diphtheria (Td) boosters are presently given every ten years because the antibody response weakens with time. Now the Pertussis antibody titers have been shown to decrease as well. It is therefore recommended that you receive a booster with the new Tetanus/diphtheria/pertussis (Tdap) vaccine if it has been five years or longer since you received your last Td. This will build up your antibody titers to give you the protection needed. Pertussis (or whooping cough) is generally not a serious illness in adults, but it will result in a prolonged illness with a cough that may last as long as three months. It is preventable with the new vaccine. There are minimal side effects with the vaccine.

Meningococcal Vaccine (Menactra)

Meningococcal infection is not common (1.7 per 100,000 students); but it is more common among students who live in dormitories (7 per 100,000). To date, there have been no such infections at BYU. It can cause meningitis, which is an infection of the membranes of the brain. The consequences of the infection can be serious, if not treated. However, the vaccine is effective in preventing several types of this infection. The side effects are minimal.

Human Papilloma Virus Vaccine

A new vaccine is now available to protect women against the Human Papilloma virus strains that are most commonly associated with cervical cancer. We mention this vaccine and virus, which is only transmitted by sexual contact, because the CDC has issued a recommendation for the vaccination of women up to age 26. This vaccine is given in three doses.

Immunization appointments can be made at the BYU Student Health Center by calling (801) 422-5156. For your protection, we would advise you to be up to date with all your immunizations. If you would like further information on these vaccines, we suggest you refer to the internet at www.cdc.gov or www.acha.org.