DOMINICAN UNIVERSITY OF CALIFORNIA
STUDENT HEALTH SERVICES

Health Requirements
The following are required for all incoming Dominican students:

- Medical History Form
- Immunization & TB Screening Form (Proof of having 2 measles, mumps and rubella vaccines (MMR); & TB screening within 3 months of entering campus)

For students living in dormitories, add:

- Meningococcal meningitis vaccination (ONLY if living in dorms)
  The incidence of this disease has more than doubled in college-age students in the last ten years. While it remains a rare disease, meningitis can cause extremely harmful effects such as brain or kidney damage, limb amputation, or even death (300 deaths per year in the U.S.). The Centers for Disease Control recommend that first year students living in the dorms be vaccinated against meningococcal meningitis.

- Physical examination prior to arrival on campus (ONLY if living in dorms)

Additionally, we strongly recommend that students be vaccinated against:

- Hepatitis B (a series of three injections)
- Tetanus (to be updated every ten years)
- Varicella (or history of having chicken pox)
- HPV – women only under 26 years old
- Hepatitis A – travelers & other indications
- Stress management &/or psychological evaluation, as needed
  Attending any college is very stressful and students with no history of or mild mental health issues often have new or worsening symptoms of depression and anxiety, especially at exam times. We recommend proactive planning to deal with issues that may come up.

If you are a health science major in the Nursing or OT programs, you will have additional requirements prior to beginning clinical rotations & will receive further information at that time.

Return these forms to the Student Health Center in the envelope provided no later than Aug. 3 to avoid a hold on starting classes or moving in to the dorms.

IMPORTANT REMINDER!!!
All Dominican students carrying 6 units or more are required to carry health insurance.

Here are some items for students to consider regarding health insurance:

- Obtain your insurance card and carry it with you at all times
- Become aware of co-pays associated with your insurance coverage
- Determine if your coverage allows for the availability of care in the San Rafael area (if not, you may need to set up “out of area” coverage with your insurance provider)
- If you have chronic or special medical needs, consider establishing care with a Marin County primary care provider before coming to school
- Learn how to obtain any medications that you take on a regular basis. It is recommended that any students taking regular medications call or stop by the Student Health Center during the first month of classes.

If you have questions, please contact
Susana McKeough, FNP or Mary Vidal, EMT at 415-485-3208