

Eastern Nazarene College

Traditional Undergraduate

Helpful Hints for Completing ENC Health Requirements

All traditional undergraduate students attending ENC full time are required to complete the Student Health Form which includes documentation of the following:

1. Immunizations

- **MMR** – 2 MMR vaccines or blood work to prove immunity (titer) or born in the US before 1957
- **Tdap** – Tdap vaccine given after 7th birthday
- **Hepatitis B** – 3 Hepatitis B vaccines or blood work to prove immunity (titer)
- **Varicella** – 2 Varicella vaccines or blood work to prove immunity (titer) or reliable history of chickenpox disease-verified and signed by a doctor, NP or PA or born in US before 1980
- **Meningitis ACWY** – Meningitis ACWY vaccine given on or after 16th birthday or a signed waiver. Required of all students 21 years of age or younger. Must be given on or after the 16th birthday. Or a signed meningococcal waiver.

2. ENC is **strongly recommending** that all eligible students be vaccinated against COVID-19 according to the CDC (Centers for Disease Control). To see the most up to date information on COVID vaccine guidelines, please visit [CDC COVID Vaccine Recommendations](#).

3. **TB risk assessment questionnaire and if high risk, a follow up Medical Evaluation for Latent Tuberculosis Infection.** The evaluation includes a Mantoux PPD test (TB test) within 90 days prior to entrance into ENC.

4. **Physical Exam** done within 1 year prior to entrance into ENC. If you are a student athlete, the NCAA requires that you have a physical within 6 months prior to the beginning of the semester in which you are first playing a sport.

Below are some tips to help you complete all of the above requirements:

Immunizations

1. The best place to start is to **look for documentation of immunizations you have already had.**

Documentation may be found in the following places:

- Your own personal medical records
- Your parents' records or files (sometimes located with a "baby book")
- Your current doctor's office – you may print them off of a portal such as MyHealth On-line
- A previous doctor (especially a pediatrician) may still have them on file
- Some employers require immunizations and may have kept a record
- The State of Massachusetts has some vaccination records available and you can look at <https://myvaxrecords.mass.gov/>
- Your high school nurse's office
- A previous college's health services office
- MyHealtheVet – Veteran's may print them off of their account

2. If you find any records, **check to see that you have completed everything you need and that everything was given at the proper times.** Here is more information about each vaccine:
- **2 MMR vaccines** – This is a vaccine for measles, mumps and rubella. Most people in the US received these before they went to kindergarten. The first vaccine must be given after 12 months of age and the second must be at least 1 month after the first. If you were born in the US before 1957, you do not need any documentation for these vaccines. If you have had blood work drawn for a titer, it must be positive for all three-measles, mumps and rubella.
 - **Tdap vaccine** – This is a vaccine for tetanus and whooping cough. Must be given after your 7th birthday.
 - **3 Hepatitis B vaccines** – This is a series of three vaccines. The first two must be at least a month apart and the third is given at least 4 months after the first and at least 2 months after the second. It is acceptable if the length of time between vaccines is longer, it just can't be less than these intervals. There is also a 2-dose series called *Heplisav-B*. This is only available on or after 18 years of age and must be given at least 4 weeks apart.
 - **2 Varicella vaccines** – This is the chickenpox vaccine. The first one must be given after 12 months of age and the second must be at least 1 month after the first. If you were born in the US before 1980, you do not need any documentation for these vaccines.
 - **Meningitis ACWY vaccine** – This is required for all students under 22 years old. You may submit documentation of a vaccine given on or after your 16th Birthday or sign a waiver. This is the only vaccine that you may sign a waiver for. The waiver can be found at: [Meningitis Waiver Form](#).
3. If you are missing anything, **you will need to either provide proof of immunity or get the required vaccines.**
- **Serological proof of immunity** – If you know you have had the MMR, Hepatitis B, or Varicella vaccines (or had chickenpox disease) and do not have documentation, you can have your doctor draw blood for a *titer* to prove that you are immune. If the titer results show that you are immune, then you have completed the requirement for those vaccines. If it does not show that you are immune, you will need to get all the required vaccines for that series. If the titer is covered by your insurance, you can have it done at your doctor's office. If you live outside the Quincy area, you can call the Occupational Health Services department of your local hospital and see if they provide this service to the public.
 - **Vaccines** – If the above vaccines are covered by your insurance, you can get them at your doctor's office. Some City or County Health Departments (or Board of Health) will provide immunizations at a reduced rate. If you live outside the Quincy area, you can call the Occupational Health Services department of your local hospital and see if they provide vaccines for college entrance. CVS Minute Clinics, Walgreens and some Urgent Care centers also provide immunizations. Wherever you go to get your vaccines, take the ENC immunization form (*Part D of the Student Health Form*) with you. Depending on your insurance, you will be able to go to many places in the Quincy, MA area if you have the school's insurance.

Special Notes

- **MMR** – If you have a blood work drawn for a titer, it must show that you are immune to all three - measles and mumps and rubella. If any of these are not positive, you must either get 2 MMR vaccines or 1 MMR vaccine and a repeat titer.
- **Varicella** - If you have had the chickenpox, you can either have blood work drawn for a titer to prove that you are now immune or you can get a signature from a doctor, NP or PA that verifies that you have a reliable history of the chicken pox disease. If you have not had the chickenpox disease or two vaccines, you will need to get both Varicella vaccines unless you were born before January 1, 1980.

TB Risk Assessment and Follow Up

The TB risk assessment questionnaire is *part E* of the *Student Health Form*. If the questionnaire determines that you are high risk, you must have a doctor or nurse practitioner complete and sign *Part F – Medical Evaluation for Latent Tuberculosis Infection*. Unless you have had positive TB test in the past, this includes a TB test, either by blood test or Mantoux skin test, done within 90 days prior to entrance into ENC. If you are low risk, you do not need to have *Part F* completed and do not need a TB test.

Physical Exam

You are required to have a physical exam within one year prior to starting as a student at ENC. If you are an ATHLETE, the NCAA requires that you have a physical within 6 months prior to the beginning of the semester in which you are first playing a sport. You must have *Part C – Physical Examination* of the *Student Health Form* completed by your doctor or nurse practitioner. A computer printout from your doctor's office is acceptable as long as it is complete and contains all of the information requested on *Part C*. Be sure to take the ENC form, *Part C – Physical Examination* with you to your appointment.

Please return your completed health form to:

**Eastern Nazarene College Health Services
23 E. Elm Avenue
Quincy MA, 02170
or fax to 617-745-3928, Attention: Campus Nurse**

If you have any questions about the health requirements, please contact the Campus Nurse at 617-745-3893, the Brickley Center at 617-745-3892, or email us at healthservices@enc.edu.