



## MENINGOCOCCAL DISEASE AND VACCINATION INFO SHEET

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**NEW JERSEY STATE LAW REQUIRES THAT COLLEGES PROVIDE INCOMING STUDENTS WITH INFORMATION ABOUT MENINGITIS INFECTION AND VACCINATION. STUDENTS WILL THEN BE ASKED A QUESTION ON THE NEW STUDENT MEDICAL HISTORY IN OWL.**

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Meningococcal disease can be devastating and often—and unexpectedly—strikes otherwise healthy people. Although meningococcal disease is uncommon, teens and young adults 16 through 23 years old (not just those in college) are at increased risk. Meningococcal bacteria can cause severe disease, including infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia), and can result in permanent disabilities and even death. Common symptoms are: confusion, fatigue (feeling very tired), rash of dark purple spots, sensitivity to light, stiff neck, vomiting, headache, high fever, nausea

Anyone can get meningococcal disease, but certain groups are at increased risk. These include:

- College students and military recruits living in dorms or barracks.
- People with certain medical conditions or immune system disorders including a damaged or removed spleen.
- People who may have been exposed to meningococcal disease during an outbreak.
- International travelers.

Meningococcal bacteria are spread person-to-person through the exchange of saliva (spit) or nasal secretions. These bacteria are not as contagious as the germs that cause the common cold or flu. The bacteria are not spread by casual contact or by breathing the air where a person with meningococcal disease has been. One must be in direct (close) contact with an infected person's secretions in order to be exposed. Close contact includes activities such as: living in the same household, kissing, sharing eating utensils, food, drinks, cigarettes, etc.

The best way to prevent meningococcal disease is to get vaccinated. There are two kinds of vaccines in the United States that protect against 4 types of meningococcal disease known as A/C/Y/W-135. Two doses are recommended for all adolescents. The first dose is recommended at 11-12 years of age. Since protection wanes, a booster dose is recommended at age 16 years so adolescents continue to have protection during the ages when they are at highest risk of meningococcal disease.

Teens and young adults (16 through 23 year olds) **may** also be vaccinated with Men B vaccine (serogroup B meningococcal vaccine, brand names are Bexsero® & Trumenba®). Two or three doses are needed depending on the brand.

**At TCNJ, students cannot live on-campus unless they provide proof to Student Health Services that they received a meningococcal meningitis A/C/Y/W-135 vaccination within the past 5 years of campus arrival. Men B vaccine is NOT required but it is recommended for all students.**

Meningococcal vaccines are safe and effective. As with all vaccines, there can be minor reactions, including pain and redness at the injection site or a mild fever for one or two days. Severe side effects, such as a serious allergic reaction, are very rare. It is important to know that 1) no vaccine offers 100% protection; 2) protective immunity declines 3-5 years after the first dose of meningococcal vaccine and a booster dose is needed to provide continued protection; 3) Meningococcal Meningitis A/C/Y/W-135 vaccine contains only 4 of the 5 most common types of meningococcal disease and; 4) not all cases of meningitis are caused by meningococcal bacteria. [Symptoms of meningitis in a vaccinated person should always warrant immediate medical attention regardless of vaccination.](#)

### Where can I get more information about meningococcal vaccine?

- Your healthcare provider
- TCNJ Student Health Services
- Centers for Disease Control and Prevention (CDC) at <http://www.cdc.gov/meningococcal/index.html>



**TCNJ Pre-Entrance Health Requirements Packet – Please Print and Read Carefully!**

**HEALTH REQUIREMENTS ARE COMPLETED IN OWL at <https://tcnj.medicatconnect.com/>.**

*You will not be able to log into OWL until your deposit has been posted and the Office of Admissions has processed your matriculation. Once this process is complete you will be assigned a TCNJ email account, and 24 hours later, you should be able to log into OWL. If you are still encountering problems 2 weeks after depositing, please email Student Health Services at [health@tcnj.edu](mailto:health@tcnj.edu) for assistance. NOTE: A physical examination is not required to attend TCNJ.*

**RECORDS THAT ARE FAXED, EMAILED, MAILED OR BROUGHT IN-PERSON TO OUR OFFICE WILL NOT BE REVIEWED.**

**1. New Student Medical History Form** (located in OWL) – Do this FIRST!

- This form is completed by the student. It is located in OWL (see link above) under “FORMS”. It is the first form listed. (If you are a re-admitted/re-entering student and have already completed the New Student Medical History previously, choose the Re-admitted Student Medical History instead).
- IMPORTANT: One of the last questions on the New Student Medical History form is about Meningococcal Meningitis. Please refer to the attached “Meningococcal Disease and Vaccination Info Sheet” in the packet before answering the question. Note that Meningococcal Meningitis A/C/Y/W-135 vaccination (brand names are Menactra, Menveo, & Menomune) is required for application to TCNJ housing with at least one (1) dose received within the past 5 years before arrival on campus. Men B vaccination (brand names Trumenba & Bexero) is not currently required but it is recommended. Please discuss receiving this vaccine with your healthcare provider.

**2. Record of Immunization form** (pages 1-2 of this packet)

- Take this form to your healthcare provider to be completed, signed, and office-stamped. All required vaccination fields must be complete.
- Receive any vaccinations that you are missing. If your doctor does not have the vaccine(s) that you need, a search on your computer will locate an urgent care facility, walk-in clinic or large pharmacy near you that administers these vaccines. They are readily available in the community and in TCNJ Student Health Services. *Students who are completing vaccination series such as Hepatitis B where spacing between doses is necessary can obtain an extension from our office beyond the due date and into the semester if needed for that vaccination.*
- When the form is complete, log into OWL. Click on “IMMUNIZATIONS”. Using the Record of Immunization form as a guide, enter the dates of each of your vaccinations noted on the form. Then click SUBMIT at the bottom of the page. *Do NOT miss this step!*
- Scan the Record of Immunization form into your computer & save it to a place where you can easily locate it (e.g., your computer desktop). In OWL, click on “UPLOAD”. Following the instructions, upload the Record of Immunization form. Other related forms such as laboratory test reports, if you are submitting them in place of vaccination dates, can also be uploaded here.

*Dates of immunization must be entered AND the Record of Immunization form uploaded before the Immunization Compliance Specialist can begin her review. When this review has been completed, an email will be sent to your [TCNJ email account](#) informing you of the outcome of this review. Allow 5 business days for review.*

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**A word about UPLOADING:** If you do not have a scanner, scanning apps are available for download from the App Store on your smart phone (e.g., CamScanner - free version). Other options are your local public library (most have scanners for free use with a library membership - also free), and your local Staples store (fee charged). Do NOT fax, email, mail or bring records to our office. They will NOT be reviewed and will further delay the clearing of your holds.

**3. Tuberculosis (TB) Screening Questionnaire (page 3 of this packet)**

- Answer questions 1-7.
- Upload page 3 into OWL under Physician's Evaluation for Tuberculosis.

**4. Physician's Evaluation for Tuberculosis (page 4 of this packet)**

- If you answered YES to one or more questions on the Tuberculosis (TB) Screening Questionnaire (page 3), this form is **REQUIRED**:
  - Schedule an appointment with your doctor for TB testing and evaluation.
  - Have your doctor complete the Physician's Evaluation for Tuberculosis form.
  - Upload the Physician's Evaluation for Tuberculosis into OWL.

If you answered NO to ALL questions on the Tuberculosis (TB) Screening Questionnaire, this form is **NOT** required.

**5. If you will be NOT be at least 18 years of age when you arrive on campus:**

- Your parent or court-appointed legal guardian must complete the "**Authorization to Treat a Minor**" form (page 5).
- Scan the form into your computer. Log into OWL, click UPLOAD, and follow the instructions.

**6. Medical Insurance & Prescription Card - RECOMMENDED**

Although not required, it is recommended that you upload a copy of the front of your medical insurance & prescription cards. This information will be kept on file in Student Health Services & is not accessible to any other office **INCLUDING THOSE OFFICES WHO OVERSEE THE STUDENT HEALTH INSURANCE PLAN WAIVER PROCESS**. This means that by providing insurance information to Student Health Services, you are NOT waiving enrollment in the Student Health Insurance Plan.

- Scan a copy of the front of your medical insurance & prescription insurance cards into your computer (some are separate cards; some are combined on one card). Then log into OWL, click UPLOAD, and follow the instructions. You can identify a Prescription insurance card by its "RX Group #" and "Bin #" information. This information is needed by pharmacists to process a prescription through your insurance.
- Please be sure to upload new card information if you change insurance plans while at TCNJ.

**EMAILED, FAXED, MAILED, or "BROUGHT IN-PERSON" FORMS WILL NOT BE ACCEPTED!**