Before Arriving At SDSU

- Get your required immunizations:
  - At least two MMR vaccinations.
  - 3 doses of Hepatitis B vaccine

- Upload your immunization information to SDSU; see shs.sdsu.edu/immunizations/i_holds.asp

- Strongly consider optional immunizations, such as:
  - Meningococcal ACWY vaccine is recommended for all 11-18 year olds, and also for freshmen living in on- campus housing as they are at increased risk of contracting this potential deadly infection. A booster dose is recommended at age 16-18 for those who received their first vaccination at age 15 or younger. Meningococcal serogroup B vaccine is recommended for high risk individuals age 10 years or greater, but may be administered to 16-23 year olds (preferably at ages 16-18) as desired. See http://www.cdc.gov/vaccines/vpd-vac/mening/who-vaccinate.htm for more detailed information.
  - Tetanus/diphtheria/acellular pertussis (Tdap): Adolescents (13 through 18 years) who missed getting Tdap at 11 to 12 years of age and all adults 19 through 64 years of age who have not received a dose of Tdap should get one.
  - Hepatitis A immunization series to prevent liver infection.
  - Chickenpox (varicella): this is a more severe illness in adults; get immunized if you've never had it.
  - Flu vaccination is now recommended yearly for everyone.
  - Pneumococcal vaccination for those at high risk (check with your healthcare provider).
  - HPV vaccine is recommended for men and women age 26 and under.
  - Inactivated polio vaccine series.

- Get a family or individual health insurance policy through CoveredCA.com. While Student Health Services is available for basic medical care on weekdays, SDSU is not responsible for your medical costs. Bring a copy of your health insurance card to school!
  - Consider changing your primary healthcare provider to the San Diego area while attending school.
  - If you have Medi-Cal, contact your county’s Medi-Cal program to request an inter-county transfer to ensure there is no interruption in your benefits upon moving to San Diego.

- Make sure you bring your medication to school and that your healthcare provider has ordered an adequate number of refills. Written prescriptions from out-of-state physicians for controlled medications such as Adderall, Ritalin, or narcotic pain meds must comply with California regulations. If you have difficulty filling these prescriptions, you should consider finding a local physician.

- Bring documentation from your healthcare provider if you would like Health Services to continue prescribing medications for chronic medical disorders.

- Put together a self-care “medicine cabinet”:
  - Over-the-Counter (OTC) medications (e.g., Tylenol®, Advil®, Alleve®, Sudafed®)
  - Thermometer
  - Band aids
  - Condoms

Feel free to contact Student Health Services with any questions regarding this information.

After Arrival

- Eat right, exercise, and avoid tobacco, alcohol, and other drugs.

- Contact Student Health Services for health issues and questions:
  - For information, clearing immunization holds (“i-holds) and secure messaging with our staff, use our HealthConnection web portal at shs.sdsu.edu.
  - 619-594-HEALTH (619-594-4325) during day or 858-225-3105 for after-hours nurse advice

- Contact Counseling & Psychological Services (619-594-5220) for mental health issues and questions.

- Contact Disabled Student Services (619-594-6473, 619-594-2929 [TDD/TTY]) regarding accommodations for disabilities.

And don’t forget to ....................have a great time!