



## Staying Healthy at SDSU – The Essentials

### 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](http://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<sup>®</sup>, Advil<sup>®</sup>, Alleve<sup>®</sup>, Sudafed<sup>®</sup>)
  - Thermometer
  - Band-aids<sup>®</sup>
  - 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](http://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!