Staying Healthy at SDSU – The Essentials

Before Arriving At SDSU

Get your required immunizations:
- **At least one MMR vaccination**. TWO VACCINATIONS ARE HIGHLY RECOMMENDED.
- 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](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 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](http://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
- Bandaids
- 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!