

## REQUIRED AND RECOMMENDED IMMUNIZATIONS FOR IOWA STATE STUDENTS

### REQUIRED VACCINES

#### Measles (Rubeola)

***It is required that every ISU student born on or after January 1, 1957 provide proof of immunity to measles (Rubeola).*** Students that are unable to provide this documentation in the way of a blood test (Rubeola Titer) or documentation of two measles (MMR) vaccines after their first birthday may schedule an appointment at Thielen Student Health Center (TSHC). MMR vaccines are given in two doses at least one month apart.

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### HIGHLY RECOMMENDED VACCINES

#### Meningitis

***Two doses of MenACWY are routinely recommended for adolescents 11 through 18 years old. It is also recommended for college students living in dorms as well as other certain groups of people.***

It is required by ISU to provide you with information regarding the Meningitis vaccine. Meningitis is a serious bacterial infection of the cerebrospinal fluid around the brain that can cause death. Students living in residence halls or sorority/fraternity houses are at increased risk for this disease.

Ask your health care provider for more information and dosing schedule on these vaccines.

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### OTHER RECOMMENDED VACCINES

#### Seasonal Influenza

It is recommended that all college students be immunized annually in the fall /winter months for this highly contagious viral respiratory infection. Please refer to the clinic website in the fall for more information on our seasonal influenza clinics.

#### COVID-19

COVID 19-vaccines are effective at protecting people from getting seriously ill, being hospitalized, and dying. Vaccination remains the safest strategy for avoiding hospitalizations, long-term health outcomes, and death.

#### Chicken Pox (Varicella)

Chicken Pox is a highly contagious viral infection with a rash. Vaccination is recommended if a student has never had the disease or been vaccinated for it. Varicella is given in two doses 4-8 weeks apart.

#### Hepatitis B

A viral infection of the liver that can cause liver failure, cancer and death. Hepatitis B is given in three doses over a six month period.

#### Hepatitis A

Hepatitis A is a viral liver infection often associated with the consumption of contaminated food or water. The vaccine is considered a "routine" vaccine recommended for everyone through the age of 18.

The vaccine should be considered by everyone with chronic liver disease, by men who have sex with men (the infection may also be sexually transmitted), and by those traveling to or working in countries with poor sanitation. The vaccine for hepatitis A is given in two doses six months apart or maybe combined with the hepatitis B vaccine.

#### Gardasil

It is recommended in men and women younger than 26. Gardasil vaccine prevents infection with human papillomavirus (HPV) types that cause genital warts in both females and males and that are associated with many cancers, including:

- Cervical, vaginal and vulvar cancer in females
- Anal cancer in females and males
- Penile cancer in males
- Gardasil is given in 3 doses over a six month period

#### Tetanus, Diphtheria, and Pertussis (Tdap)

*Tetanus* causes painful muscle spasms, usually all over the body. Tetanus eventually can cause tightening of the mouth and jaw so that the victim cannot swallow. It is a highly fatal disease.

*Diphtheria* causes a thick covering in the back of the throat. It can lead to breathing problems, paralysis or even death.

*Pertussis* causes severe coughing spells, vomiting, and disturbed sleep.

The primary vaccination series of tetanus, diphtheria, and pertussis is normally given in early childhood. A single booster dose of tetanus, diphtheria, and acellular pertussis (Tdap) should be given at age 11 or after. Boosters of tetanus and diphtheria (Td) should be given every 10 years after the one-time dose of Tdap.

#### Pneumovax

Pneumovax has been recommended for all cigarette smokers, people with asthma, people who have no spleen, or other chronic conditions such as diabetes, HIV, Kidney disease, sickle cell anemia or as directed by a health care professional.

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*If you would like more details on current immunization schedules refer to appropriate Advisory Committee on Immunization Practices (ACIP) recommendations (<https://www.cdc.gov/acip-recs/hcp/vaccine-specific/>). You may also contact your healthcare*