10. Checklist

☐ Pre-College health exam:
Make sure your son or daughter gets a comprehensive examination before they go off to school.

☐ Health insurance:
Make sure the student has appropriate medical insurance card with them. This includes a policy that provides adequate coverage in the geographic area they are living in.

☐ Immunizations:
Check with your doctor about the following:

- **Hepatitis A**: Should strongly be considered if not previously immunized.
- **Hepatitis B**: Mandated in some states and is strongly recommended, if not received previously during childhood or adolescence (requires 3 doses)
- **HPV vaccine**: Recommend (requires 3 doses)
- **Influenza**: Strongly recommended for ALL – especially those with a chronic illness or for those living in house/room with individuals at risk if they contracted influenza.
- **Conjugate Meningococcal meningitis vaccine**: Recommended before entering college.
- **MMR (measles, mumps, and rubella)**: Booster needed during primary or secondary school or before college.
- **Tetanus-diphtheria-acellular pertussis**: Recommended by five years after the last tetanus-diphtheria booster.
- **Varicella (chickenpox)**: Recommended, however the combination immunization of measles, mumps, rubella, varicella is not indicated for those 13 years of age and older.

☐ Tuberculosis skin test:
If required by the college or if suggested by your son/daughter’s healthcare provider.

☐ Medical records and prescriptions:
Students should have a record of their prescriptions including doses and reason for medication. In addition, for students with chronic/serious medical problems, a summary should be sent to the college health center.

☐ Student health center:
Identify available health resources on campus and be familiar with resources at night and on weekends for emergencies.

☐ First aid supplies:
Bring small container with band-aids, acetaminophen, ibuprofen, cold medications, digital thermometer and chemical cold pack.

--Resources from Society for Adolescent Medicine (SAM)