

## HEALTH FORM COVER LETTER

Dear Student,

Health requirements for international students studying at SUNY Cortland can be confusing. Please find the necessary Health forms at <http://www.cortland.edu>, select the Quick Link called Student Organizations/Services, scroll down and select Health Services. On the Health Services page, select the *Health History & Immunization Form*. Download the form, have a qualified physician complete the form **IN ENGLISH** and then return it to the International Programs Office. **If a document cannot be read, it cannot be accepted.** Although the form is self explanatory, I would like to clarify some issues that seem to have been misunderstood. You may wish to take this letter with you to your physician.

Although the United States Embassy may advise students that they do not need two measles shots, it is not the case! It is sufficient for entry to the United States, but it is not true for people who attend New York State Colleges.

**New York State** requires immunization against the following diseases. Proof of immunity consists of the following:

Measles – **two doses of live measles vaccine** administered after 12 months of age given in 1968 or later, or physician documentation of measles disease, or a blood test showing immunity.

Mumps – **one dose of live mumps vaccine** administered after 12 months of age, or physician documentation of mumps disease or a blood test showing immunity.

Rubella – **one dose of live rubella vaccine** administered after 12 months of age or a blood test showing immunity.

Meningococcal Meningitis – have had the meningitis immunization (Menomune) within the past 10 years OR complete the meningitis information response form upon enrollment at university or college. The student is **not** required by law to have the immunization, but they **are required** to read an information pamphlet about the disease and decline the immunization in writing in order to remain enrolled in a New York State college or university.

**SUNY Cortland** requires immunization against the following diseases:

Tetanus and Diphtheria –three or more doses required of tetanus and diphtheria toxoids, and a booster within ten years prior to entry.

Polio Vaccine – minimum of three doses for all students 18 and under. For those 19 and over, record previous doses, but no additional doses should be given.

Tuberculin Skin Test – students must come with proof of a recent Tuberculosis Skin Test (within six months of arriving), or a negative chest x-ray. This is required even if BCG has been previously administered. Anyone with a positive test (generally 10 or more millimeters of induration) is required to have a chest x-ray to prove that he/she does not have active tuberculosis.

The Office of International Programs would greatly appreciate your taking the time to make sure you have fulfilled all of these requirements. Thank you.