



Student Health Center
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In compliance with Oregon Law Senate Bill 274, we are providing you with required information on vaccine preventable diseases known to occur in individuals 16-21 years of age.

Human papillomavirus (HPV)

What is it and how do you get it?

HPV is a virus that is very common among sexually active people. HPV can cause serious cancers of the cervix, penis, other genital areas, anus, mouth and throat. While most infections do not result in cancer, HPV can also cause genital warts and other health issues.

Signs and symptoms

Most people with HPV don't know they are infected. However, they might pass the virus to others. A person may clear the virus on their own, but in some cases the virus persists and causes cancer. Women who have had sexual contact should receive regular pap smears even if they have no symptoms. Pap smears can detect cervical pre-cancers that can be eliminated before they progress to cancer. There aren't routine screening tests for other types of HPV-related cancers.

Prevention is your best bet

- Get vaccinated! Depending on your age when you get the first dose, people need two or three doses.
- HPV infections can occur by skin-to-skin contact in areas not covered by condoms or dental dams. However, these safer sex measures may provide some protection.
- Get regular pap tests.

Meningococcal

What is it and how do you get it?

Meningococcal disease is a rare but very serious bacterial infection of the blood or the lining of the brain and spinal cord. It is spread by close contact with a person's oral or nasal secretions, such as kissing or sharing food, drinks or anything touching your mouth. People living in close quarters such as dorms, fraternities and sororities are at higher risk.

Signs and symptoms

Warning signs of meningococcal disease include:

- Fever
- Headache
- Stiff neck
- Lethargy or delirium
- Sometimes a rash

It is critical to get treatment immediately if you suspect you have meningococcal disease. The disease can progress extremely fast, leading to hospitalization, amputations, organ damage or death in as little as 24 hours.

Prevention is your best bet

- Get vaccinated! There are two different vaccines protecting against different strains of meningococcal bacteria: ACWY and B. If you get one, it doesn't protect against the other. There have been several outbreaks of Meningococcal B in Oregon Colleges over the last few years (but not at Pacific University). All College Students should be vaccinated for Meningococcal ACWY. Check with a health care provider to see if you should get the Meningococcal B vaccine.
- Don't share things that have touched a person's mouth: drinks, smoking materials, cosmetics, etc.
- Wash your hands before you eat or touch your face.

Tetanus, diphtheria and pertussis

What is it and how do you get it?

Tetanus, diphtheria and pertussis (also known as whooping cough) are three diseases caused by bacteria. Tetanus is caused by contamination of a wound. Diphtheria and pertussis are spread by respiratory transmission.

Signs and symptoms

- **Tetanus** — lock jaw, muscle weakness, paralysis

- **Diphtheria** — membrane forms at the back of the throat, breathing problems, possible effect on heart and skin
- **Pertussis** — fits of coughing, sometimes hard enough to cause vomiting or breaking a rib. It is especially dangerous if passed to babies.

Prevention is your best bet

- Get vaccinated!
- Women should be vaccinated while pregnant to pass on antibodies to their babies.
- Cover your cough and use good hygiene.

Influenza (flu)

What is it and how do you get it?

Influenza is caused by a virus spread by saliva or mucus from the mouth or nose. It is passed by coughs, sneezes and infected persons' hands.

Signs and symptoms

Fever, cough, muscle aches, fatigue, nausea

Prevention is your best bet

Get vaccinated! Get a dose of flu vaccine every year. When you get vaccinated, you can help stop the spread of flu to loved ones, including infants and the elderly, who are at higher risk of severe disease.

Cover your cough.

Stay home when you are sick.

Wash your hands frequently

OTHER INFORMATION:

Please Note: Other vaccines are recommended for you based on your age, vaccine history, travel and other factors. These include MMR (2 doses required for all Oregon College Students, Hepatitis B, Hepatitis A, Varicella (Chicken pox), etc. Discuss your vaccine history with your doctor and make sure you have received all recommended childhood vaccines.

Benefits, risks and limitations of vaccines

Vaccines reduce the risk of getting a disease or make the disease less severe if you do get it.

As with any medicine, including vaccines, there is a chance of side effects. Common reactions are a sore, red arm as well as mild fever and fainting afterwards. A very small number have a severe reaction such as an allergic reaction.

Treatment for diseases

There are few prescription medications that will treat a vaccine-preventable disease. Even with early medical treatment, the impact from these diseases can be serious with some causing lifelong problems.

Where to find your immunization record:

Check with your health care provider.

If you were immunized in Oregon, call ALERT IIS at 1-800-980-9431 or email alertiis@state.or.us. More complete records are likely for students born after 1995.

Did you get shots outside of Oregon? Call your doctor's office in that state or try contacting its registry:

<https://www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html>.

Where to receive vaccines

Call ahead to make sure the vaccine is available. Due to cost and storage requirements, Pacific University Student Health Center does not carry Meningococcal ACWY or B vaccine.

Campus health center

Clinic

Pharmacy

Call 211 to find a vaccine clinic near you

Want more information about these vaccines and others? Go to <https://www.cdc.gov/vaccines/vpd/vaccines-diseases.html>.