



Spring 2021

Dear Student,

Welcome, and thank you for choosing North Country Community College! We look forward to helping you achieve your educational goals. Your health, safety and well-being are important to your academic success and a top priority for the college.

The spring 2021 semester at NCCC is going to be another unique and different one for all of us. While you may be learning remotely this spring, **all college students enrolled in six or more on-campus classes are required to meet the state's immunization requirements for post-secondary students.** Even if you are attending classes online this spring, we still encourage you to complete your health records requirements now so you are in compliance for future semesters.

Please refer to the attached documents and our website which explain the state's immunization requirements and how to go about complying with them. Visit [www.nccc.edu/health-records](http://www.nccc.edu/health-records) for a copy of this packet. If you would like a printed copy of this packet, please let me know and I will mail you a packet via the U.S. Postal Service.

Please be sure to retain a copy of your immunization documents for your personal records prior to submitting them to NCCC. Once your documents are submitted to NCCC, we will be unable to furnish you with a return copy. These records are retained by NCCC solely for the purpose of complying with the Department of Health's immunization laws for post-secondary students.

If you have any questions please do not hesitate to contact me. I hope you have a successful, fun, and safe spring semester at NCCC.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Kathy Goodrow'.

Kathy Goodrow  
Student Life/Health Records Office

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# NORTH COUNTRY COMMUNITY COLLEGE

## IMPORTANT INFORMATION REGARDING IMMUNIZATION REQUIREMENTS FOR POST-SECONDARY STUDENTS

### NY State Public Health Law 2165

This law requires all post-secondary students born on or after January 1, 1957, and enrolled in six or more credit hours, to provide proof of immunity to measles, mumps, and rubella. Appropriate documentation must include ONE of the following:

- Documentation of TWO (2) MMR vaccinations. To be considered valid, the first vaccination cannot be administered any more than four days prior to the student's first birthday, and the second dose must be given at least 28 days after the first dose.
- Documentation of TWO (2) doses of the measles vaccination, ONE (1) dose of the mumps vaccination, and ONE (1) dose of the rubella vaccination. To be considered valid, neither vaccination can be administered any more than four days prior to the student's first birthday, and the SECOND dose of the measles vaccination must be given at least 28 days after the first dose.
- POSITIVE blood titer results for measles, mumps, and rubella. Copies of a lab report(s) validating these results must be submitted.

### NY State Public Health Law 2167

This law requires all post-secondary students enrolled in six or more credit hours to submit a "Meningococcal Disease Response Form". This law also requires all post-secondary institutions to distribute information about meningococcal disease and immunization to all students (or parents/guardians of students under the age of 18).

This is not a mandatory vaccination, however, all students (regardless of age) enrolled in 6 or more credits are required to provide one of the following in response to the meningococcal/meningitis vaccination:

- Documentation of a meningococcal/meningitis vaccination **within five years prior to your entry into NCCC**
- After acknowledging the risks of meningococcal/meningitis disease, you may decline the vaccination by completing/signing the "Meningococcal Disease Response Form" contained in this packet.

### Where can I get a copy of my immunization record?

To assist you in obtaining this required information, please refer to the "Frequently Asked Questions" sheet contained in this packet.

### Penalty for non-compliance with NY State's Public Health Laws 2165 and 2167

All required documentation must be submitted to the Health Records Office at NCCC by the established deadline date upon the student's first attendance date at the college. Students not in compliance with NY State Public Health Laws 2165 and 2167 by this deadline date will be prohibited from attending classes at NCCC until all required documents have been submitted. Additionally, a hold will be placed on their NCCC student account, which means they will not be able to receive any financial aid refund monies they are due, they will be unable to register for another semester at NCCC, and their grades and any transcript requests will be put on hold until this information has been submitted.

### Where/how to send your immunization documents to NCCC

- Mail to: NCCC Health Records Office  
PO Box 89  
Saranac Lake, NY 12983
- E-mail to: [healthrecords@nccc.edu](mailto:healthrecords@nccc.edu)
- Fax to: (518) 891-7405

### Questions?

Call Kathy Goodrow @ 518-891-2915, ext. 1204

# FREQUENTLY ASKED QUESTIONS ABOUT STUDENT IMMUNIZATION REQUIREMENTS

## Q1: Where can I obtain my immunization records?

- The high school(s) you attended
- Previous college or university you attended
- Family doctor/health care provider
- Military/Veteran's office

## Q2: What if, after contacting the above options, I am still unable to locate my immunization records?

### To Comply with NY State Public Health Law 2165:

- Contact your health care provider to discuss the possibility of being re-immunized **or**
- Contact your local Public Health Office to discuss the possibility of being re-immunized **or**
- Contact your health care provider to have blood titers drawn to test your immunity to measles, mumps, and rubella

### To Comply with NY State Public Health Law 2167:

- Submit documentation that you have received ONE dose of the meningococcal vaccination **within five years prior to your attendance at NCCC**
- OR**
- Submit a signed "Meningococcal Disease Response Form" contained in this packet indicating you have chosen not to receive this vaccination

## Q3: What if I have a medical reason why I should not receive the MMR and/or meningococcal vaccinations?

- Your health care provider must certify in writing the specific reason(s) why you should not receive them. If you are temporarily unable to receive the vaccinations, the health care provider must provide an approximate date on which you will be able to receive the first one.

## Q4: What if my religion prohibits me from receiving the MMR and/or meningococcal vaccinations?

- Contact the NCCC Student Life/Health Records Office to receive the required paperwork for requesting a religious exemption.

## Q5: What if I do not submit all required immunization documentation?

- If you fail to provide sufficient immunization records by the deadline date, you will be prohibited from attending classes at NCCC until all required documents have been submitted. Additionally, a hold will be placed on your NCCC student account, which means you will not be able to receive any financial aid refund monies you are due, you will be unable to register for another semester at NCCC, and your grades and any transcript requests will be put on hold until this information has been submitted.

## Q6: What if I was born prior to January 1, 1957?

- If you were born BEFORE January 1, 1957, you are exempt from the MMR requirement. However, you are required to provide documentation that you have received a meningococcal/meningitis vaccination **within five years prior to your attendance at NCCC**, **OR** complete/sign the declination portion of the "Meningococcal Disease Response Form" contained in this packet indicating you have chosen not to receive this vaccination.

## Q7: How do I contact the Student Life/Health Records Office at NCCC?

- Phone: (518) 891-2915, ext. 1204
- Fax: (518) 891-7405
- E-mail: healthrecords@nccc.edu

# NORTH COUNTRY COMMUNITY COLLEGE

## MMR Immunization Validation Form

Name: \_\_\_\_\_ Other Names Used: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_

NY State Public Health Law 2165 requires all post-secondary students born on or after January 1, 1957, and enrolled in six or more credit hours, to provide proof of immunity to measles, mumps, and rubella. Appropriate documentation must include ONE of the following:

- Documentation of TWO (2) MMR vaccinations. To be considered valid, the first vaccination cannot be administered any more than four days prior to the student's first birthday, and the second dose must be given at least 28 days after the first dose.
- Documentation of TWO (2) doses of the measles vaccination, ONE (1) dose of the mumps vaccination, and ONE (1) dose of the rubella vaccination. To be considered valid, neither vaccination can be administered any more than four days prior to the student's first birthday, and the SECOND dose of the measles vaccination must be given at least 28 days after the first dose.
- POSITIVE blood titer results for measles, mumps, and rubella. Copies of a lab report(s) validating these results must be submitted.

To assist with documenting one of the above options, you may choose to have your health care provider complete this form. Please note that, if you are able to obtain a copy of your immunization record from another source (high school, another college, etc.), it is NOT necessary to complete this form. However, it is necessary to submit the "Meningococcal Disease Response Form" contained in this packet.

### To be completed by a health care provider, NOT the student or student's parent/guardian

OPTION 1	OPTION 2
Date of MMR #1 _____	Date of <b>POSITIVE</b> Blood Titers _____
Date of MMR #2 _____	<i>A copy of lab report must be attached to verify results.</i>
<u>OR</u>	
Date of Measles #1 _____	+ Measles Blood Titer Date _____
Date of Measles #2 _____	
Date of Mumps #1 _____	+ Mumps Blood Titer Date _____
Date of Rubella #1 _____	+ Rubella Blood Titer Date _____

The above vaccination(s) have been validated by:

Health Care Provider name (printed) \_\_\_\_\_

Telephone Number \_\_\_\_\_

Address \_\_\_\_\_  
Street City State Zip

HCP's Signature \_\_\_\_\_

Date \_\_\_\_\_

*The medical office's stamp validating this information can be used in lieu of the provider's signature.*

Please fax this completed form to 518-891-7405 OR Email to healthrecords@nccc.edu

# NORTH COUNTRY COMMUNITY COLLEGE

## Meningococcal Disease Response Form

Students Name: \_\_\_\_\_ Other Names Used: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_

NY State Public Health Law 2167 requires all post-secondary students enrolled in six or more credit hours to submit a "Meningococcal Disease Response Form". This law also requires all post-secondary institutions to distribute information about meningococcal disease and immunization to all students (or parents/guardians of students under the age of 18). There is no age differentiation regarding meningococcal disease.

**This is NOT a required immunization, therefore, this requirement can be met by signing and dating the declination statement on the bottom of this form.**

*[Note: The Advisory Committee on Immunization Practices recommends that all first-year college students up to age 21 years should have at least one dose of the meningococcal vaccine **not more than five years before enrollment**, preferably on or after their 16<sup>th</sup> birthday, and that young adults aged 16-23 years may choose to receive the meningococcal B vaccine series. College students should discuss the meningococcal B vaccine with a healthcare provider.]*

I / My child (for students under the age of 18) have:

- Had a meningococcal vaccination **within the last 5 years**. (check the choice that applies)
  - Documentation of this vaccination is attached to this form.
  - Administration of this vaccination has been validated by a health care provider as indicated below:

**To be completed by a health care provider, NOT the student or student's parent/guardian**

Date of Meningococcal Vaccination #1 _____	Date of Meningococcal Vaccination #2 _____
Type of Vaccination _____ <small>(i.e., Menactra, Menveo, Menomune)</small>	Type of Vaccination _____ <small>(i.e., Menactra, Menveo, Menomune)</small>
<b>The above vaccination(s) have been validated by:</b>	
Health Care Provider name (printed) _____	
Address _____ <small>Street City State Zip Telephone Number</small>	
HCP's Signature _____	
Date _____	<i>The medical office's stamp validating this information can be used in lieu of the provider's signature.</i>

**MENINGOCOCCAL VACCINATION DECLINATION**

To complete this declination form online visit [www.nccc.edu/health-records](http://www.nccc.edu/health-records)

I have read, or have had explained to me, information regarding meningococcal disease. I understand the risks of not receiving this vaccination, and have decided that I (my child) will **not** obtain immunization against meningococcal disease.

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(or parent if student is under 18 years of age)

Please fax this completed form to 518-891-7405 or E-mail to [healthrecords@nccc.edu](mailto:healthrecords@nccc.edu)



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# Meningococcal Disease

## What is meningococcal disease?

Meningococcal disease is caused by bacteria called *Neisseria meningitidis*. It can lead to serious blood infections. When the linings of the brain and spinal cord become inflamed, it is called meningitis. The disease strikes quickly and can have serious complications, including death.

Anyone can get meningococcal disease. Some people are at higher risk. This disease occurs more often in people who are:

- Teenagers or young adults
- Infants younger than one year of age
- Living in crowded settings, such as college dormitories or military barracks
- Traveling to areas outside of the United States, such as the “meningitis belt” in Africa
- Living with a damaged spleen or no spleen
- Being treated with Soliris® or, who have complement component deficiency (an inherited immune disorder)
- Exposed during an outbreak
- Working with meningococcal bacteria in a laboratory

## What are the symptoms?

Symptoms appear suddenly – usually 3 to 4 days after a person is infected. It can take up to 10 days to develop symptoms. Symptoms may include:

- A sudden high fever
- Headache
- Stiff neck (meningitis)
- Nausea and vomiting
- Red-purple skin rash
- Weakness and feeling very ill
- Eyes sensitive to light

## How is meningococcal disease spread?

It spreads from person-to-person by coughing or coming into close or lengthy contact with someone who is sick or who carries the bacteria. Contact includes kissing, sharing drinks, or living together. Up to one in 10 people carry meningococcal bacteria in their nose or throat without getting sick.

## Is there treatment?

Early diagnosis of meningococcal disease is very important. If it is caught early, meningococcal disease can be treated with antibiotics. But, sometimes the infection has caused too much damage for antibiotics to prevent death or serious long-term problems. Most people need to be cared for in a hospital due to serious, life-threatening infections.

## What are the complications?

Ten to 15 percent of those who get meningococcal disease die. Among survivors, as many as one in five will have permanent disabilities. Complications include:

- Hearing loss
- Brain damage
- Kidney damage
- Limb amputations

## What should I do if I or someone I love is exposed?

If you are in close contact with a person with meningococcal disease, talk with your health care provider about the risk to you and your family. They can prescribe an antibiotic to prevent the disease.

## What is the best way to prevent meningococcal disease?

The single best way to prevent this disease is to be vaccinated. Vaccines are available for people 6 weeks of age and older. Various vaccines offer protection against the five major strains of bacteria that cause meningococcal disease:

- All teenagers should receive two doses of vaccine against strains A, C, W and Y. The first dose is given at 11 to 12 years of age, and the second dose (booster) at age 16.
  - It is very important that teens receive the booster dose at age 16 in order to protect them through the years when they are at greatest risk of meningococcal disease.
  - Talk to your health care provider today if your teen has not received two doses of vaccine against meningococcal strains A, C, W and Y.
- Teens and young adults can also be vaccinated against the “B” strain. Talk to your health care provider about whether they recommend vaccine against the “B” strain.

Others who should receive the vaccine include:

- Infants, children and adults with certain medical conditions
- People exposed during an outbreak
- Travelers to the “meningitis belt” of sub-Saharan Africa
- Military recruits

Please speak with your health care provider if you may be at increased risk.

## What are the meningococcal vaccine requirements for school attendance?

As of September 1, 2016, children entering grades 7 and 12 must be immunized against meningococcal disease strains A, C, W and Y according to the recommendations listed above.

## Is there an increased risk for meningococcal disease if I travel?

- Meningococcal disease and outbreaks occur in the United States and around the world. The disease is more common in the “meningitis belt” of sub-Saharan Africa. The risk is highest in people who visit these countries and who have prolonged contact with local populations during an epidemic.
- To reduce your risk of illness, wash your hands often, maintain healthy habits such as getting plenty of rest and try not to come into contact with people who are sick.

### Travel and meningococcal disease:

[wwwnc.cdc.gov/travel/diseases/meningococcal-disease](http://wwwnc.cdc.gov/travel/diseases/meningococcal-disease)

### Learn more about meningococcal disease:

[www.cdc.gov/meningococcal/](http://www.cdc.gov/meningococcal/)

**For more information about vaccine-preventable diseases:** [www.health.ny.gov/prevention/immunization/](http://www.health.ny.gov/prevention/immunization/)

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## Bureau of Immunization