

Immunization and Pre-Participation Examination Information

Required Vaccines

1. **Tetanus.** Must have a current immunization for entrance into college and a total of **FOUR** doses of tetanus. At least **ONE** dose of Tdap vaccine within the previous 10 years. The recent rise in number of pertussis (whooping cough) cases among adolescents and your adults has required the Tdap booster.
2. **Measles-Mumps-Rubella (MMR)—2 doses.** First dose **MUST** be **AFTER** first birthday and at least one month apart. Documentation by physician and/or blood titer may be acceptable; please contact LC Health Services for details.
3. **Meningitis (Meningococcal) Immunization.** Any student under the age of 22 shall show proof of having at least one dose of meningococcal conjugate vaccine on or after 16 years of age.
4. **Tuberculosis Screening.** Each student **MUST** complete the Tuberculosis Risk Questionnaire. **IF** any of the questions are **YES**, then a TB skin test or documentation of follow up care will be **REQUIRED**. Please contact LC Health Services for details.

Recommended—but not required

1. **Chickenpox (Varicella) Immunization.** Chickenpox is a common childhood disease. It is usually mild in children, but it can be severe in adults—including college students. The disease may spread more easily in the close quarters of a college environment. Almost everyone who did not get chickenpox during childhood will get it eventually. A vaccine is available and is highly recommended for those persons who have not had chickenpox disease.
2. **Hepatitis B Immunization.** Hepatitis B virus infects 300,000 individuals each year. Immunization against Hepatitis B virus consists of three (3) injections, given over a period of six (6) months. Many students have received some or all of the doses, if all three have not been completed, the student is encouraged to continue the series to completion—it is not necessary to begin the series again.
3. **Hepatitis A Immunization.** Hepatitis A is a virus that causes a liver disease and can make people very ill for one to six months. It can be spread easily by having close contact with someone who has Hepatitis A or by eating food or drinking water that has been contaminated with Hepatitis A virus. Immunization against Hepatitis A virus consists of two (2) injections, given over a six (6) month period.
4. **HPV (Human Papillomavirus) Immunization.** Certain strains of HPV can cause diseases of the genital area, such as cervical cancer, precancerous lesions, or genital warts. Many people who have HPV may not show any signs or symptoms, so they can pass the virus to others and not know it. A vaccine has been developed to help decrease the risk of infections with the strains of HPV which cause the most serious problems. This vaccine has been approved for females age 9-26. It consists of a series of three (3) injections over a period of six (6) months. It is also being considered for males.

Please check with your physician or local health department regarding these immunizations. Preferably, students should receive the immunizations, or at least start any of the series prior to coming to Lincoln College. If you have any questions, please contact LC Health Services at 217-735-7340.

Pre-Participation Examination (Physical)

Students who participate in competitive sports (excluding intramural sports), club volleyball for men and cheerleading at Lincoln College **MUST** have a physical examination, completed by a physician **EACH** year and **PRIOR** to the beginning of the sport/activity—including any try outs. If a prospective student is contemplating participating in a sport/activity, it is **best** to have the physical examination during the summer, prior to entering Lincoln College. A physical is good for **ONE** year from the date. **It is recommended that all athletes receive their physical on or after June 1st.**

Important: A student **CAN NOT try out or start ANY practice without a physical** on file with Health Services. Do not wait until arriving to campus to obtain a physical. In Lincoln, a student will be competing with the local students from the grade school, junior high and high school to obtain times to schedule a physical, so it may not be for a few days or weeks before a date will become available. The student will be required to sit out of **ALL** activities until the physical is done.

Forms are available online at www.healthservices.lincolncollege.edu