

Student Health Services Information

Questions?
440-775-8180 (office),
440-775-6404 (fax), or
student.health@oberlin.edu
(e-mail preferred)

Oberlin College
Student Health Services
247 W. Lorain St., Suite A
Oberlin, OH 44074

www.oberlin.edu/health

Students must submit the Medical History/Physical Exam, the Certificate of Immunization, and the Insurance Information forms by July 1, 2009.

Students considering playing on an intercollegiate athletics (varsity/club) team **during any of their four years at Oberlin** must also submit copies of these forms, along with the Intercollegiate Sports Medical History form (page 49 of this book), to: Head Athletic Trainer, the Department of Athletics and Physical Education, 200 Woodland St., Oberlin, OH 44074. Questions concerning the information athletes must submit can be directed to the head athletic trainer at 440-775-8514.

Students should schedule appointments with their health care provider as soon as possible. No student will be allowed to enroll until all required medical forms have been submitted. Forms that are not completed correctly will be returned.

Immunization Requirements

Students who have not completed the immunization requirements will not be permitted to enroll. These requirements include:

- two (2) MMR or measles vaccines
- a tetanus booster (Td) within the last ten (10) years
- a minimum of three (3) polio vaccines
- a tuberculosis skin test (PPD or Mantoux) within the last six (6) months, only if you are a member of a high-risk group. See Certificate of Immunization Form.

Dates are required for each immunization. The hepatitis B immunization series, the meningococcal vaccine, the chick-enpox (varicella) vaccine, and the pertussis vaccine are recommended but not required for enrollment.

Students and parents who want more information about vaccinations are advised to see the Center for Disease Control's National Immunization Program schedule of immunizations for teens and college students (www.cdc.gov/nip/menus/groups.htm#teens).

Information about Meningitis

Oberlin strongly recommends that all new students receive the meningococcal vaccine. Students who are unable to obtain this vaccine before arriving on campus can make arrangements to be vaccinated by calling Student Health Services.

Meningitis is an inflammation of the lining surrounding the brain and spinal cord. One form of bacterial meningitis, meningococcal meningitis, can progress very rapidly and cause life-threatening illness. Early symptoms include headache, fever, stiff neck, extreme fatigue, nausea, vomiting, and sensitivity to light. People often mistake these as flu or cold symptoms.

Research has shown that college students are more likely than others to contract meningococcal disease. The infection is transmitted through the air via droplets of respiratory secretions or direct contact (kissing, sharing utensils, glasses, or cigarettes) with infected persons. Activities common to campus life—such as living in a residence hall, drinking alcohol, smoking, and being exposed to cigarette smoke—can help spread the disease.

The meningitis vaccine helps protect against the most common forms of meningitis, but it is not effective against all strains. Therefore, even students who have been vaccinated should visit Student Health Services if they become ill and are concerned about fever, headache, and neck pain.

More information on meningitis and the meningococcal vaccine is available at the CDC web site referred to previously under "Immunization Requirements."

Mental Health and Other Ongoing Medical Concerns

Oberlin College provides many support services for students. The class deans, the Counseling Center, and the offices of academic support services, residential education, and dean of studies all provide emotional and academic support for students experiencing challenges to daily life while attending Oberlin College.

Student Health Services Information *(continued)*

Students with diagnosed mental-health concerns or chronic medical conditions requiring on-going care are expected to establish primary treatment services and support in addition to these College resources. A list of private psychologists and clinical social workers may be viewed on the Counseling Center's web site at www.oberlin.edu/counsel, or by calling the center at 440-775-8470.

Information about medical providers in the community who can treat chronic or serious medical conditions can be obtained by calling the Office of Student Health Services at 440-775-8180.

High-Risk Drinking at College

The abuse of alcohol and other drugs is a concern on most college campuses in the United States. Oberlin College is dedicated to strict adherence to state and local laws.

Statistics show that the majority of students at Ohio's colleges and universities don't engage in high-risk drinking. However, alcohol has been identified as a "rite of passage" for many college students, and of those who do drink, 52 percent do so solely to become intoxicated.

This behavior can be extremely dangerous. Most violent crimes on campuses, including rape, are connected to alcohol. Alcohol can be fatal if consumed excessively. Underage drinking can result in a permanent criminal record that can affect future employment prospects.

As a member of the Ohio College Initiative to Reduce High-Risk Drinking, Oberlin College urges parents of incoming students to talk about alcohol-related issues and peer pressure with their children before they arrive on campus. Parental support helps reinforce personal values, rules, and laws.

Later in the summer you will be asked to complete a confidential survey, eCHECKUP TO GO, an evidence-based intervention tool designed to reduce substance abuse. Part of Oberlin's alcohol-education program, this instrument can help equip you to respond to situations that may involve alcohol, and it provides comparative data about alcohol use at colleges across the country. The link to this survey will be e-mailed to you in August.

More information can be found on the Student Health Services Alcohol and Drug web page at www.oberlin.edu/lifeskills/aod.

Oberlin College Student Health Insurance

All full-time students enrolled at Oberlin College are automatically billed for the Student Insurance Program, Academic Health Plans. The premium cost is included on the fall 2009 term bill. It can be refunded if the policy is waived and proof of comparable coverage (copy of front and back of family insurance card) is provided by the waiver deadline of September 30, 2009. No adjustments can be made to the student's account after that date.

The waiver form is available on the Academic Health Plans web site at www.ahpcare.com/oberlin. The waiver form must be completed each year.

All international students are required to purchase the student health insurance plan.

The Insurance Information form on page 47 requests additional insurance information from all students. Please read and check the appropriate box according to your health insurance needs.

In addition to contacting Academic Health Plans via its web site, you can reach the plan by phone at 1-888-308-7320. Complete student health insurance plan information is available at either venue.