



**Professional Programs
Exercise Physiology Program**

IMMUNIZATION AND HEALTH INFORMATION

Please read all the information contained in Immunization and Health Information Policy and carefully review this document and all related forms. Failure to comply with the policy and the posted deadlines will result in being blocked from course registration, and your clinical rotations will be cancelled. The STUDENT is responsible for submitting all required forms and documentation on the CastleBranch website. Please upload your forms and other documentation to the CastleBranch website at mycb.castlebranch.com. Please see the CastleBranch Info Document for more information. If you have any questions, please contact:

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CHECKLIST

Due your junior year of the program:

- Health exam/physical (may use the Student Health Evaluation Form, 2 pages, but not required)
- MMR (Measles, Mumps, Rubella) titer results
- Varicella titer results
- Hep B titer results
- 1-step TB Test (PPD)
- MMR vaccination record
- Tetanus vaccination record (within the past 10 years)
- Meningitis vaccination record
- Polio vaccination record
- Hep B vaccinations 1, 2, 3
- Copy of CPR card
- Copy of health insurance card
- HIPAA training certification (SOLE)
- OSHA training certification (SOLE)

If you do not have your vaccination records from your doctor's office, you may use the Immunization Verification Form and have it filled out by your healthcare provider, including their signature for verification of your vaccination dates.

Updated Yearly:

- Documentation of annual TB (PPD) test
- OSHA Bloodborne Pathogens training certification (SOLE)
- HIPAA training (SOLE)

EVERYTHING MUST BE COMPLETED AND UPLOADED TO CASTLEBRANCH BY YOUR JUNIOR YEAR

PLEASE READ CAREFULLY

What is a titer?

Titers are blood tests that determine whether or not you are immune to a given disease. A *quantitative serum titer* is a titer with a numerical value that indicates your actual degree of immunity to a disease. The clinical sites at which you will be working require documented proof of immunity for Mumps, Measles, Rubella (MMR), Varicella, and Hepatitis B in the form of quantitative titers. This means that for EACH OF THESE REQUIREMENTS, you must submit both documentation of vaccinations AND copies of the official laboratory printouts containing the numerical values of titer. Your titers should be:

- Quantitative (and have a reference range listed with results)
- IgG; DO NOT get labs for IgM titers
- Hbs AB IgG (for Hep B); DO NOT get Hep B AG titers

What if my titer is negative?

If your titer is negative, it means that you are non-immune and need to get vaccinated or re-vaccinated. Consult your healthcare provider about your vaccination history—how many immunizations have you already received for the disease(s)? If you haven't already had it, start the vaccination series for the non-immune disease. If you're part way through the series, complete it. If you've completed the series, you will need to get additional immunization(s) for that disease. For Measles, Mumps, Rubella, and Varicella, a booster is required, but no repeat titer. For a negative Hepatitis B titer, you'll need to repeat the vaccination series (3 shots) and then repeat the titer. The titer should not be drawn until 6-8 weeks after vaccination.

What if I don't have my vaccination records?

If you don't have a record of the previous vaccinations you've received, get your MMR, Varicella, and Hep B titers drawn first. If your titers indicate immunity to a specific disease, you will not need to get vaccinated for that disease(s).