



Immunization Action Plan

A Program of the West Haven Health Department & Funded by Connecticut Department of Public Health

Christine M. DePierro-Gacek, MAT, MPH

IAP Coordinator

IAP Areas: Hamden, Milford, North Haven, Orange & West Haven



June 2016

Dear Graduating Senior,

Congratulations on your graduation! This is an ideal time to review your immunizations to make sure you have received all the protection you need from vaccine-preventable diseases. If you haven't scheduled a check up at the doctor's office in the past year, think about setting one up soon.

If you are planning on attending college, it's important to find out what is required in the state you are going to live in. All incoming freshmen in the state of Connecticut will be required to show proof of 2 doses of measles, mumps and rubella vaccine and varicella (chicken pox) vaccine. If you are going to live on campus, you must also receive a dose of meningitis vaccine.

Some of these vaccines are newer recommendations from the Center for Disease Control and Prevention. Immunizations have been proven to provide important benefits to teens, especially as they grow into adults. Lowering disease rates among teens also assists in lowering the chances of those diseases being spread to those most at risk: the elderly, children and infants. Protection for one means protection for all.

Required for College Entry in CT:	Recommended Immunizations:	
MMR: <ul style="list-style-type: none"> Protects against measles, mumps and rubella 2 doses are required Varicella: <ul style="list-style-type: none"> Protects against chickenpox and its complications 2 doses are required Meningococcal: <ul style="list-style-type: none"> Protects against bacterial meningitis which can cause severe disability or death Required for all college students living in on-campus housing 	Flu: <ul style="list-style-type: none"> Protects against influenza Recommended for teens and adults every year Tdap: <ul style="list-style-type: none"> Protects against pertussis (whooping cough) Adolescents and adults can pass this to younger children HPV: <ul style="list-style-type: none"> Protects against the cervical cancer-causing human papilloma virus Recommended for men and women 9-26 years of age. 	PCV: <ul style="list-style-type: none"> Protects against pneumococcal disease which is caused by a bacteria Recommended if you have a chronic health problem HepA: <ul style="list-style-type: none"> Protects against liver disease contracted through oral contact with viral particles Recommended if not given in early childhood Hep B: <ul style="list-style-type: none"> Protects against liver disease contracted through blood and sex Recommended if not given in early childhood

What you should do...

- **Schedule an annual medical checkup for yourself yearly. If you are living at home and are on your parents insurance plan, NOW is the best time to do so, in case your coverage changes after graduation.** If you do not have a family doctor, feel free to call for information about locations available in Hamden, Orange, Milford, North Haven, and West Haven. If you are signed up with a school-based health center, you can get your physical and vaccines there!
- **Keep an up-to-date record of your immunizations.**
- **Most vaccines are available for free** in our state as part of the Connecticut Vaccine Program if you are 18 or under, check with your doctor.
- **Do you plan to travel or study outside of the United States?** If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) operates an international traveler's health information line. Call (800) 232-4636 or visit CDC's website at www.cdc.gov/travel for information about your destination. You may also consult a travel clinic or your healthcare professional.

Best of luck on your future endeavors!

Sincerely,

Christine DePierro-Gacek