



**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. If you have any questions, please contact:

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**CHECKLIST**

**During the semester in which you take EXPH 388:**

- MMR (Measles, Mumps, Rubella) titer results AND vaccination record (2 shots) \*
- Hep B titer results AND vaccination record (3 shots) \*
- Varicella vaccination record (2 shots) OR positive titer
- 1-step TB Test (PPD) or QuantiFERON TB Test
- Tetanus vaccination record (most recent within last 10 years)
- Meningitis vaccination record
- Polio vaccination record (primary series AND booster; 4 shots total)
- HIPAA training certification (SOLE)
- OSHA training certification (SOLE)

**Updated Yearly:**

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

\*For negative or equivocal titers, revaccination is required. For negative or equivocal MMR, please submit one booster. For negative or equivocal Hep B, repeat 3-shot series and titer.

## **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 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 results of titer. Your titers should be:

- 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).

Local health departments keep records of vaccinations. Some school districts do as well.