Welcome to the Concordia community from CSP Health Services!

A registered nurse is on duty during the traditional student schedule, Monday-Friday from 9-3 mid-August-mid-May.

All universities and colleges are required by Minnesota Law (M.S.135A.14) to maintain immunization records for each student. Minnesota law requires all college students to be immunized for Tetanus and Diphtheria (Td) within the past 10 years. College students born after 1956 must be immunized for Measles, Mumps, and Rubella (MMR) after the age of 12 months. Please provide this information before registration and your arrival on campus.

Minnesota does not yet require Hepatitis B or Meningitis immunizations, but the American College Health Association and Center for Disease Control highly recommends that students receive them. (See enclosed information on Hepatitis and Meningococcal Disease). Please discuss this with your health care provider. If you have had these immunizations, please provide the dates for them also.

We look forward to meeting you and assisting you in your health and wellness needs. Please contact us with any concerns or questions.

Cher Rafftery RN
Director of Health Services
651-641-8235
Fax 651-603-6222
rafftery@csp.edu
Student Health History and Information

Name

Last          First          MI          Date of Birth

Social Security Number ___________ - - - Expected date of arrival ___________

circle all that apply  Student Status: Full-time  Part-time  Marital Status: single  engaged  married  separated/divorced

Home address

Street          City          State          Zip code

Home phone # ___________________ - ___________________ Work Phone # ___________________ - ___________________

Area code number          Area code number

Address and telephone number during the school year, if different:

EMAIL address:

Emergency Contact Person:

Name          relationship

Daytime Tel # ___________________ Evening Tel # ___________________ 

Medical Insurance Name ___________________ policy/ID number ___________________

Group Name/ Number ___________________ Policy Holder ___________________

Policy Holder: Date of Birth, Gender, Address:

Allergies to medications:

Allergies to foods or environment:

Current Medications (prescription & non-prescription, incl. herbal or vitamin supplements, oral contraceptives, home remedies, etc.) List the medication and why you are taking it:

Date of last physical exam: ___________________ dental exam: ___________________

Date of last eye exam: ___________________

Vision: Right Eye _____/20  Left Eye _____/20

Do you wear corrective lenses? Yes  No  Contact lenses? Yes  No  Vision correctable to 20/20? Yes  No

Height ___________________ Weight ___________________ Desired Weight ____________
**PAST MEDICAL HISTORY**  
Check if you **have now** or have **ever had** any of the following:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Date/Comments</th>
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<tbody>
<tr>
<td>Alcohol or other drug abuse or dependency</td>
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<tr>
<td>Anemia (iron deficient, sickle cell, etc.)</td>
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<td>Arthritis</td>
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<td>Asthma</td>
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<td>Loss of Vision, Hearing, Sensation, Smell, or Taste</td>
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<td>Blood disorders (bleeding/clotting disorders, stroke, etc.)</td>
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<td>Bone fractures or dislocations</td>
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<td>Bowel problems (chronic constipation or diarrhea/colitis)</td>
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<td>Cancer</td>
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<tr>
<td>Diabetes</td>
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<td>Chronic Headaches (Migraine, Tension, etc.)</td>
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<tr>
<td>Heart murmur</td>
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<td>Heart problems (anomaly, heart arrhythmias, coronary artery disease, etc.)</td>
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<td>Hepatitis</td>
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<td>Hypertension (high blood pressure)</td>
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<td>Menstrual Problems</td>
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<td>Pelvic Inflammatory Disease</td>
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<td>Rheumatic Fever</td>
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<td>Seizures or Epilepsy</td>
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<td>Sexually Transmitted Disease</td>
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<td>Skin problems (eczema, psoriasis, etc.)</td>
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<td>Large number of moles, unusual moles, difficulty tanning, etc.</td>
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<td>Head injury (loss of consciousness, concussion, etc.)</td>
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<td>Spinal Problems — Neck or Back (injury, scoliosis, etc.)</td>
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<td>Mobility Problems (paraplegia, quadriplegia, etc.)</td>
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<td>Learning Disability (ADD/ADHD, dyslexia, etc.)</td>
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<td>Loss of Limbs (from accident or birth)</td>
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<td>G.E.R.D. (Gastroesophageal reflux disorder)</td>
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<td>Ulcers (Stomach or Intestinal)</td>
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<td>Urinary Tract Problems (bladder/kidney, infections, kidney disease, etc.)</td>
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<td>Exposure to hazardous substance (asbestos, lead, pesticides, radiation, etc.)</td>
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<tr>
<td>Congenital disorder (Spina Bifida, Cystic Fibrosis, Cerebral Palsy, etc.)</td>
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<tr>
<td>Hernia</td>
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<td>Carpal or Tarsal Tunnel Syndrome</td>
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<td>Tuberculosis</td>
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<td>Mental Illness (major depression, anxiety disorder, bipolar disorder, etc.)</td>
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<tr>
<td>Eating Disorder (Anorexia, Bulimia)</td>
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<td>Chronic Pain</td>
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<tr>
<td>Other (chronic or recurring illnesses such as asthma or malaria, etc.)</td>
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Ever been hospitalized overnight? If yes, where, when, how long, and for what reason:

__________________________________________________________________________

Ever had surgery? If yes, what type and when:

__________________________________________________________________________

**FAMILY HISTORY**  
(mark A&W for alive and well, list any serious health conditions for each person, and if deceased, list age of death, cause of death, and year died)

Mother:____________________________________________________________________

Father:___________________________________________________________________

Brothers and Sisters:______________________________________________________

Have any of your blood relations had any of the following:

- Heart Disease (especially onset before age 50)
- Sudden unexplained death
- Cancer
- Diabetes
- Hypertension (high blood pressure)
- Alcoholism/Chemical Dependency
- Hyperlipidemia (high cholesterol)
- Mental Illness (depression, Bipolar, Schizophrenia, etc.)
- Osteoporosis
- Scoliosis
Meningococcal Disease and the Vaccine:
What College Students Need to Know

What is meningococcal disease?
Also know as meningitis, it is a bacterial infection of the brain and spinal cord coverings. It is a very serious and life-threatening infection.

About 2,800 people get meningococcal disease each year in the U.S. About 10-15% of these people die. Of those who recover, 10% experience serious long-term effects such as hearing loss, diminished mental capacity, loss of fingers or toes, seizures and other nervous system problems.

How does meningococcal disease spread?
Meningococcal disease is spread by close or direct contact with secretions from the nose and throat. Kissing, sharing silverware, drinking directly from the same container, sharing a cigarette or lipstick, and coughing are examples of how it spreads.

What are the symptoms of meningitis?
Symptoms of meningococcal meningitis can include a high fever, headache, a very stiff neck, confusion, nausea, sensitivity to light, vomiting, and exhaustion. A rash may also develop.

You may become seriously ill very quickly, so contact your student health service or health care provider immediately if you have 2 or more of these symptoms.

How can I protect myself from getting meningococcal disease?
Wash your hands often and avoid sharing silverware, drinking containers, lip stick/gloss and smoking materials. There is a vaccine that can prevent meningococcal disease.

What should I know about the meningococcal vaccine?
The vaccine is highly effective (85-100%) at preventing 4 of the 5 major strains of bacteria that cause meningococcal meningitis.

Only one dose of the vaccine is needed.

A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of the meningococcal vaccine causing serious harm is extremely small. Getting the vaccine is much safer than getting the disease.

The vaccine is recommended by the American College Health Association, the Center for Disease Control and the American Academy of Pediatrics.

How can I learn more about meningococcal disease and the vaccine?
Ask your student health service or your health care provider.

Call your local health department’s immunization program or the Centers for Disease Control and Prevention (CDC): 1-800-232-2522.

Visit the following sites:
- Minnesota Department of Health
  www.health.state.mn.us/divs/idepc/diseases/meningococcal
- National Center for Infectious Disease
  http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm
- American College Health Association
  www.acha.org/projects_programs/meningitis/index.cfm
- National Meningitis Association
  www.nmaus.org

Anyone can get meningococcal disease, but college freshmen living in dorms are at increased risk. Please discuss this with your health care provider and consider getting immunized.

-from MDH
HEPATITIS FACTS

Hepatitis A
Transmitted by:
- Having close personal or sexual contact with an infected person
- Contaminated food or water
Infection Complications:
- Severe liver infection and sickness for up to 6 months
There is a vaccination to protect you.

Hepatitis B
Transmitted by:
- Infected blood or body fluids (semen, vaginal secretions)
- Tattoos and/or body piercings
- Passing from mother to child in birth
- Sharing toothbrushes, razors, tweezers (objects with blood)
- Unsafe sex
- Sharing needles and/or syringes
- Snorting cocaine
Infection Complications:
- Severe liver infection (long term)
- Cirrhosis (liver damage)
- Liver cancer
There is a vaccine (series of 3) available and recommended for College students.

Hepatitis C
Transmitted by:
- Sharing needles and/or syringes
- Contact with infected blood
Infection complications:
- Long-term liver infection
- Cirrhosis (liver damage)/liver failure
- Liver cancer
There is no available vaccine for Hepatitis C

Protect Yourself from Infection
Practice good personal hygiene-wash hands after using bathroom, before eating or preparing food.
Don’t inject street drugs or anabolic steroids.
Don’t use needles, razors, toothbrushes, tweezers, earrings, etc. that aren’t yours.
Practice abstinence, monogamous relationship, safer sex.
When traveling to developing country, drink boiled or bottled water, no ice or unpeeled fruit or vegetables. Get Hepatitis A immunizations before travel to these places.
Get immunizations for Hepatitis B before arriving at college.