



IMMUNIZATION CHECKLIST

for *University of Guelph Students F24/W25*

Welcome to the University of Guelph! At Student Health Services, our mission is to provide comprehensive health promotion, disease prevention and primary medical care to full-time and part-time undergraduate and graduate students during their studies. We have a compassionate team of family physicians, nurses, registered dietitians, addiction counsellors, and mental health professionals who help students maintain their overall health and well-being.

Tips for coming to U of G prepared:

As you plan your arrival at the University of Guelph, we strongly encourage you to review your immunizations, using the charts below, with your family doctor **before coming to university** to ensure your health is protected while you pursue your studies. This may require the help of a parent/someone who has kept your immunity records. This takes some effort, but it will save a lot of time once you get here and need to access our services!

Do you have questions about your immune status? You can call to book an appointment with a nurse on our team by calling 519-824-4120 ext. 52131 Monday - Friday 8:30 am - 4:30 pm. Always bring your University of Guelph student card and a valid health insurance card (OHIP, UHIP, etc.) to each appointment.

Vaccine	Ontario Schedule Recommendations
Measles, Mumps, Rubella (also known as MMR)	Two doses as a child or two doses 28 days apart as an adult
Tetanus, Diphtheria, Pertussis (also known as Tdap)	Received as a child and booster (Adacel) as a teen or young adult; then Tetanus every 10 years
Varicella	Two doses as a child or two doses as an adult if not immune
Meningococcal Quadrivalent (for A, C, Y, W-135 strains)	One dose received in Grade 7
Hepatitis B	Two doses received in Grade 7
Human Papillomavirus (HPV) (Gardasil 4 or 9)	Two doses received in Grade 7 (Gardasil 4 or 9)
Polio	Immunized as an infant
Pneumococcal	Immunized as an infant
Influenza	Yearly – available at Student Health Services
COVID-19 Vaccine	For Booster eligibility, visit www.ontario.ca/page/covid-19-vaccines
Meningococcal B (Meningitis B)	Two-dose series (not Publicly Funded—did not receive in school). Students are strongly recommended to get vaccinated for Men B prior to coming to university, however you may contact Student Health Services after arrival to book a vaccine.

Please Note: Not all vaccines are publicly funded. There may be a cost for some vaccines not covered by the University of Guelph student plan. Please visit www.mystudentplan.ca/uofguelph/en/home for comprehensive information about your coverage. Students may have coverage under their parents' drug benefit plans and can get reimbursed through their parents' drug benefit plan.

Let's talk about **Meningitis B**

Invasive Meningococcal Disease: What You Need To Know

→ Meningitis B is the most prevalent type of meningococcal disease in **ages 15-24**

→ Vaccine for Meningitis B is **not included** with the publicly funded vaccinations delivered during high school (ACWY or meningitis C strains)

→ **Symptoms start and progress quickly within 24 to 48 hours** to serious, **possibly life-threatening conditions, with death occurring in 1 in 10 people infected**

→ Meningitis B signs/symptoms can mimic other illnesses, making it difficult to diagnose in time to prevent serious complications

Signs/Symptoms include:

- Stiff neck
- Bad headache
- Sudden fever
- Moodiness
- Confusion
- Vomiting
- Rapidly spreading rash that starts as dark reddish/purplish spots that can appear anywhere on the skin

Spreads easily and quickly by:

- Coughing and sneezing
- Smoking
- Kissing or close physical contact
- Sharing eating utensils and drinking glasses
- Living in close quarters

We encourage incoming students to check whether they have/have not received the vaccination for Meningitis B. Most private insurance plans will cover the cost. If unable to receive your vaccine before coming to the University of Guelph, Student Health Services can provide this, and students may then get reimbursed through private insurance plans.

Contact Health Services:

Location: J.T. Powell Building, 168 Reynolds Walk, University of Guelph, Guelph, ON, N1G 4Z8

Phone: 519-824-4120 ext. 52131 (8:30am to 4:30pm from Monday to Friday)

Website: wellness.uoguelph.ca/health



LEARN MORE
ABOUT MEN B



 uoguel.ph/immunizations

KEEP ALL OF
YOUR VACCINES
IN ONE PLACE



DOWNLOAD THE APP



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