



UofG

Student
Wellness
Services

IMMUNIZATION CHECKLIST

for University of Guelph International Students

Welcome to the University of Guelph! At 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? We can help! As soon as you arrive on campus, book an appointment 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. Students are strongly recommended to get vaccinated for MMR prior to coming to university, or through Health Services as soon as they arrive on campus.
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 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). International students are strongly recommended to get vaccinated for Meningitis B through Health Services as soon as they arrive on campus.

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. **For International Students, some vaccines may be more affordable through Health Services than your country of origin.** For more information, you can book a virtual appointment with us by emailing health@uoguelph.ca.

Let's talk about Measles

Measles: What You Need To Know

- Measles is a highly contagious viral infection that can cause serious, **possibly life-threatening symptoms**
- The virus can be active and contagious in the air or on surfaces for as long as two hours
- The most effective way to prevent measles is by receiving two doses of the MMR (measles, mumps and rubella) vaccine

→ International students are strongly recommended to receive the MMR vaccine before they come to Canada, or as soon as they arrive on campus

Symptoms include:

- Fever
- Runny nose
- Cough
- Red, watery eyes (conjunctivitis)
- Tiny white spots inside the mouth (Koplik's spots)
- Red, blotchy rash that starts on the face and spreads downward (generally starts 3-7 days after symptoms begin)

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 MMR vaccination for measles. The MMR vaccine is available **at no cost** with a valid health card (OHIP, UHIP, etc.). If you need to receive the MMR vaccine or are unsure of your vaccination status, you can book an appointment with Health Services.

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. For International Students, some vaccines may be more affordable through Student Health Services than your country of origin. International Students can receive Meningitis B vaccinations at Student Health Services by booking an appointment as soon as they arrive on campus. To book, call 519-824-4120 ext. 52131.

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 MEASLES
AND MENINGITIS B

KEEP ALL OF
YOUR VACCINES
IN ONE PLACE



DOWNLOAD THE APP



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