



**From: Jan Murray, R.N., M.Ed.
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To all fall 2010 incoming students:

Adult immunizations are an important part of overall wellness. They protect you and those around you. The diseases you are immunized against by vaccination are life-threatening. Young adults often believe they are strong enough to fight off disease, and that may sometimes be the case, but there are those around you who do not have healthy immune systems. You have the potential to infect someone who cannot effectively resist a serious disease. So protect yourself and others; it is a public health responsibility that is part of living in community with others.

Vaccines are especially important in a university environment. Students live, work and eat in close quarters. Classrooms and labs mean very close contact as well. In light of these conditions, the Whitworth Health Center encourages you to follow prevention guidelines from the American College Health Association and the Centers for Disease Control and Prevention (CDC).

Of particular concern right now:

- ❖ Bacterial meningitis continues to be a greater risk to college freshmen, and the state of Washington mandates that we inform you about this very serious disease and the availability of vaccine. See PDF on our immunization webpage.
- ❖ Seasonal influenza kills 35,000 to 40,000 people in this country every year. In response to the H1N1 influenza outbreak, there may be a second influenza vaccine, as well. Influenza vaccine is available at the Health Center and is recommended yearly. Optimal time for the vaccine is late October thru December.
- ❖ We are also recommending Tdap vaccine for anyone who needs a tetanus and diphtheria booster. See the germane PDF by clicking here.

Recommendations for all adult immunizations by the CDC are listed in a separate document on our immunization webpage and on the Health History and Immunization form. [Click here](#) for additional information.

If you have any questions regarding this information, please email jbynagle@whitworth.edu. You may also call 509. 777. 4450. We are closed during the summer months, but Jan Bynagle is available part time to answer calls and emails.