The Student Health Center (SHC) is committed to providing quality health care, health promotion and health education programs to students attending Texas Southern University (TSU). To receive services at the clinic, you must be enrolled for the current semester and present your Tiger One Card. The Student Health Center is located on Tierwester, behind Lanier East. Our hours of operation are Monday through Friday from 8:00 a.m. to 5:00 p.m.

Services provided include:

- Primary care for acute illness and injuries
- Asthma management
- Health promotion
- Vision screening
- Mental health referrals
- TB skin testing
- Seasonal flu shots
- Meningitis vaccinations (pricing and availability subject to change)

**FREE HIV/STD TESTING**

Wednesday's
10:00 a.m. – 3:00 p.m.

It is our goal to provide quality health care services, and to empower you with choices for healthy living that last a lifetime. We encourage you to call or come by the SHC to be informed, enlightened and introduced to keys for achieving and maintaining optimal health. For questions regarding these and other services provided at the Student Health Center, call (713) 313-7173.

If emergency care is needed, and after hours, call the Campus Police at (713) 313-7000 for assistance.

HEALTH EDUCATION & HEALTH PROMOTIONS

Understanding that college life extends beyond the classroom, we designed health education and health promotion programs to encourage and promote healthy living for students attending TSU.

To request our services for health related events such as blood drives, bone marrow drives, health screenings or health fairs, you must submit a health promotions request form to Student Health Services. The form is available at the Student Health Center. Request for speakers and educational materials must be received at least 3 weeks in advance. If your event is a campus event, additional approval is required from the Office of Event Services, at least 45 days prior to the event. For questions regarding these and other services provided at the Student Health Center, call (713) 313-7173 or visit us on the web at [www.tsu.edu/health](http://www.tsu.edu/health).

BACTERIAL MENINGITIS REQUIREMENT:

Texas Southern University follows the guidelines of the Center for Disease and Prevention (CDC) and the American College Health Association (ACHA) which recommends that college students be current with all immunizations. Beginning January 1, 2012, students 21 years of age and younger, attending TSU for the first time, or returning to the university following a break in enrollment of at least one fall or spring semester will be required to have the meningitis vaccination or an approved exemption prior to attending the university. To meet the immunization requirement, the student must show evidence of receipt of an initial bacterial meningitis vaccination dose or booster during the five-year period preceding and at least
10 days prior to the first day of classes. Students are further encouraged to consult with a physician about the need for the immunization against bacterial meningitis to prevent the disease.

A student is not required to submit evidence of receiving the vaccination against bacterial meningitis or the evidence of receiving the booster if:

- the student is 22 years of age or older (by the first day of classes)
- the student is enrolled only in online or other distance education courses
- the student is enrolled in a continuing education course or program that is less than 360 contact hours, or continuing education corporate training
- the student is enrolled in a dual credit course which is taught at a public or private K-12 facility not located in a higher education institution campus

**Important Information about Bacterial Meningitis**

This information is being provided to all new college students in the state of Texas. Bacterial Meningitis is a serious, potentially deadly disease that can progress extremely fast so take utmost caution. It is an inflammation of the membranes that surround the brain and spinal cord. The bacteria that cause meningitis can also infect the blood. This disease strikes about 3,000 Americans each year, including 100-125 on college campuses, leading to 5-15 deaths among college students every year. There is a treatment, but those who survive may develop severe health problems or disabilities.

**WHAT ARE THE SYMPTOMS?**

- High fever
- Severe headache
- Rash or purple patches on skin
- Vomiting
- Light sensitivity
- Stiff neck
- Confusion and sleepiness
- Nausea
- Lethargy
- Seizures
- There may be a rash of tiny, red-purple spots caused by bleeding under the skin
- These can occur anywhere on the body
- The more symptoms, the higher the risk, so when these symptoms appear seek immediate medical attention

**HOW IS BACTERIAL MENINGITIS DIAGNOSED?**

Diagnosis is made by a medical provider and is usually based on a combination of clinical symptoms and laboratory results from spinal fluid and blood tests. Early diagnosis and treatment can greatly improve the likelihood of recovery.

**HOW IS THE DISEASE TRANSMITTED?**

The disease is transmitted when people exchange saliva (such as by kissing, or by sharing drinking containers, utensils, cigarettes, toothbrushes, etc.) or come in contact with respiratory or throat secretions.
HOW DO YOU INCREASE YOUR RISK OF GETTING BACTERIAL MENINGITIS?

Exposure to saliva by sharing cigarettes, water bottles, eating utensils, food, kissing, etc. Living in close conditions (such as sharing a room/suite in a dorm or group home).

WHAT ARE THE POSSIBLE CONSEQUENCES OF THE DISEASE?

- Death (in 8 to 24 hours from perfectly well to dead)
- Permanent brain damage
- Kidney failure
- Learning disability
- Hearing loss, blindness
- Limb damage (fingers, toes, arms, legs) that requires amputation
- Coma
- Convulsions

CAN THE DISEASE BE TREATED?

Antibiotic treatment, if received early, can save lives and chances of recovery are increased. However, permanent disability or death can still occur. Vaccinations are available:

- Vaccinations take 7-10 days to become effective, with protection lasting 3-5 years.
- The cost of vaccine varies so check with your health care provider.
- Vaccination is very safe i most common side effects are redness and minor pain at injection site for up to two days.
- Contact your Student Health Center at (713) 313-7173 for vaccination locations.

HOW CAN I FIND OUT MORE INFORMATION?

- Contact your private health care provider.
- Contact the Student Health Center at (713) 313-7173.
- Contact your local or regional Texas Department of Health office at (512) 458-7111.
- Visit: [www.cdc.gov/ncidod/dbmd/diseaseinfo](http://www.cdc.gov/ncidod/dbmd/diseaseinfo) or [www.acha.org](http://www.acha.org)

SUBMITTING HEALTH RECORDS:

All health records must have the signature or stamp of a physician or his/her designee, or public health personnel on a form which shows the month, day and year the vaccination or booster was administered.

Choose from the following options to submit a copy of your health and immunization record(s), write your name, TSU Student ID #, and date of birth on each page you submit:

- **E-MAIL**: Scan and email your documentation to vaccines@tsu.edu
- **FAX**: 713-313-7817
- **MAIL**: Texas Southern University, Student Health Center, 3100 Cleburne Street, Houston, Texas 77004
- **HAND DELIVER**: to the Student Health Center located on Tierwester, behind Lanier East.
International Students must provide a certified English translation for all health and immunization records. If you have questions or need further instructions, please contact the Student Health Center at (713) 313-7173.

**Exemptions to Immunization Requirements:**

Chapter §97.62 of the Texas Administrative Code (TAC) describes the conditions under which individuals can seek exemptions from Texas immunization requirements. Exclusions from compliance are allowable on an individual basis for medical contraindications, reasons of conscience, including a religious belief, and active duty with the armed forces of the United States.

A student or a parent or guardian of a student, is not required to submit evidence of receiving the vaccination against bacterial meningitis if the student, or a parent or guardian of a student submits to the institution:

An affidavit or a certificate signed by a physician who is duly registered and licensed to practice medicine in the United States, in which it is stated that, in the physician's opinion, the vaccination required would be injurious to the health and well being of the student:

OR

**Conscientious Objection form**

The student must use the official Texas Department of State Health Services (DSHS) form. The DSHS form may be ordered electronically. It is then mailed from DSHS to the student and it may take up to two weeks to receive the form.

The DSHS form must be completed, notarized, and provided to the Student Health Services department. It is the student's responsibility to complete the DSHS form and have it notarized. Information about requesting the DSHS affidavit form is available at [http://www.dshs.state.tx.us/immunize/school/default.shtm#exclusions](http://www.dshs.state.tx.us/immunize/school/default.shtm#exclusions).
IMPORTANT PHONE NUMBERS:

Student Health Center 713 313-7173

Student Health Center Fax 713 313-7817

Student Services 713 313-1038

University Counseling Center 713 313-7804

Office of Disability Services 713 313-4210

TSU Police 713 313-7000

TSU Information 713 313-7011 (opt #7)