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HEALTH NEWS

Students need two measles shots

State law requires that students get a second measles inoculation in order to attend school

By Kari Thorene
 Higher Education Reporter

About 1,600 University students have yet to provide documentation to the Student Health Center that they have received their second measles inoculation.

"I'm going to have to hold their registration if I don't get proof of the second shot," said Ginger Sands, a registered nurse and certified college health nurse at the health center.

The State of Oregon requires that students have two inoculations in order to attend school. The law was passed in 1992 after measles outbreaks increased nationwide. According to the Centers for Disease Control and Prevention, measles outbreaks increased dramatically at the beginning of the 1990s. Eighteen thousand cases were reported in 1989, compared to 27,000 in 1990.

Measles is a potentially deadly viral disease. Usual symptoms are a rash, high fever, cough, runny nose and watery eyes lasting one to two weeks, according to the CDC. More serious symptoms include diarrhea, middle-ear infections, pneumonia and encephalitis leading to convulsions, deafness, mental retardation or death.

Measles is also highly contagious. "It's airborne. If somebody is in my office and they have it

Inoculation Info

■ **Measles inoculation:**
 cost \$6

■ **Students who are exempt from the second shot must:**

Provide a physician-documented history of measles

Have been born prior to 1957 (call the health center for further details)

Have a blood test that shows immunity to measles

Have a documented medical or religious exemption

and they leave, if you walk in, you're exposed," Sands said.

It takes 10 days after exposure for symptoms to show up, Sands said. People are contagious from the time a fever starts and remain so for the following seven to nine days.

While it was once thought that one inoculation was enough, that is no longer the case. "What has been found out is that people who have had what they thought was a lifetime shot, their immunity has worn off," Sands said.

The only students who do not need a second shot have shown or must show the health center that they have a physician-documented history of measles, they were born before 1957 (it is assumed that these students have had measles as children), they have a blood test that shows immunity to measles or they have a medical or religious exemption, Sands said.

"Just because they haven't turned in their forms doesn't mean they haven't had the shot," Sands said. "They just need to show me the documentation."

College campuses are uniquely high-risk areas for measles outbreaks, according to the CDC. Sands said this is because so many students come into contact with so many other people all day long.

"If one student who is coming down with a measles fever goes to class, then everyone there is exposed," Sands said. "If he goes to three classes, then you can see where this is going. Two weeks later we could have 15 or more very sick students."

In the last five years, measles outbreaks have either shut down campuses or come close at Rutgers University in New Jersey, Western Washington University and the University of British Columbia.

The last reported case of measles on the University's campus was in 1990, Sands said. "It was limited here, but Eugene itself had an outbreak."

Sands said she is less concerned with a campus outbreak than student compliance with the state law. "More important is that if they don't have information in about their shots, they won't be able to register," she said.

Students who need immunizations can get them at the health center for \$6 between 8:30 a.m. and noon and between 1 and 4 p.m. Mondays, Wednesdays, Thursdays and Fridays, and between 9 a.m. and noon and then again between 1 and 4 p.m. on Tuesdays.

Living with Diabetes

Fall Term Meetings

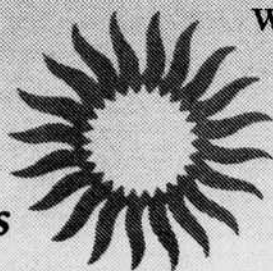
- Mutual Support
- New information and solutions
- Referral to services

Nutrition for people with
 non-insulin dependent diabetes

Tuesday, November 4

6:00PM-7:00PM

Gold Room, Carson Hall



Everyone is Welcome

- Type I, Type II diabetics
- People with diabetes in their families
- Friends, family, and people living with diabetics

Diabetes, exercise
 and hypoglycemia

Monday, November 10

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Gold Room, Carson Hall

For more information, call the Health Center Pharmacy at 346-4454.

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