On-campus living and your health

The information found below is offered to assist and educate members of our community about potential health concerns that exist in any community living environment (residence hall, on- or off-campus apartment, and other shared living environments). Use the provided links to gather more information about the specific topic.

- **MRSA: Keeping Yourself & Your Community Safe**

There has been a lot of press lately about serious infections caused by a common skin bacteria, Staph aureus that is resistant to common antibiotics.

Staphylococcus aureus is a type of bacteria that lives in the nose and on the skin and it may cause skin infections. The infected area usually begins with a small bump that resembles a pimple or insect bite, which becomes red, swollen, painful and full of pus. Skin infections are the most common type of infection associated with this bacteria. Unfortunately, some Staph bacteria are resistant to antibiotics making it harder to treat. Methicillin-resistance means that the antibiotic methicillin and other related antibiotics do not kill these bacteria. These are called "MRSA" (Methicillin Resistant Staphylococcus Aureus).

To prevent the spread of MRSA skin infections, follow the suggested personal hygiene prevention steps listed below:
• Wash your hands/forearms before/after touching the wound.
• Wash your hands frequently throughout the day.
• Use soap and warm water for 15-20 seconds.
• Dry your hands on a clean towel.
• Bathe regularly and do not share bath towels or wash cloths.
• Avoid sharing personal items (razors, soap, deodorant, clothing).
• Wear clean clothing.
• Avoid sharing drinks and utensils before they are cleaned.

Additional recommendations on preventing the spread of MRSA

For your home or living quarters:
• Keep your bedroom and bathroom clean.
• Keep surfaces clean using cleaners or household bleach.
• Bleach Recipe:(1:100 bleach-to-water solution or 1 T 1 qt water)
• Use hot water and hot air to wash and dry laundry and dishes.

A MRSA skin infection is treatable. If you are experiencing any of the symptoms described above, please contact Health Services to schedule an appointment at 898.2988. If you have been seen by a doctor and antibiotics were prescribed, it is extremely important that you take all of the antibiotic doses, even if the infection is getting better, unless your doctor has advised otherwise. If your infection is not getting better after a few days, contact your doctor or Health Services at 898.2988.

For more information about MRSA, please visit the Health Services website at http://www.mtsu.edu/~mthealth/news.htm

- **MMR Vaccine**

The state of Tennessee requires students entering college, universities, and technical institutes with enrollment greater than 200 students to provide proof of two (2) doses of Measles, Mumps, and Rubella (MMR) vaccine on or after the first birthday or proof of immunity to measles.

In compliance with this law, and in an attempt to maintain a safe and healthy campus environment, Middle Tennessee State University requires that all entering students, born after 1956, furnish

documented proof of having immunity to measles or having been immunized with two doses of MMR vaccine on or after the first birthday unless contraindicated because of pregnancy, allergy to a vaccine component, or other valid medical reason(s).

The law states that immunizations are not required if they "conflict with individual's religious tenets and practices, affirmed under penalties of perjury." They are also not required if a qualified physician shall certify that administration of such immunization would be in any manner harmful to the child involved. (TCA Section 49-6-5001)

To learn more about MTSU's policy on the MMR vaccine, click on the link below:
http://www.mtsu.edu/~mthealth/

- **Meningitis**

Recently the Advisory Committee on Immunization Practices (ACIP) to the Centers for Disease Control and Prevention (CDC) strengthened its position on the Meningitis vaccine. The committee recommends routine vaccination of young adolescents with MCV4 at the pre-adolescent visit (11-12 year old). ACIP recommends that young adolescents see a healthcare provider at age 11-12 for a routine preventive visit, at which time appropriate immunizations and other preventive services should be provided.

College freshman who live in dormitories are at higher risk for meningococcal disease compared to other people of the same age. The risk for meningococcal disease among non-freshmen college students is similar to that for the general population of similar age (18-24 years). However, the vaccines are safe and immunogenic, and therefore can be provided to non-freshmen college students who want to reduce their risk for meningococcal disease.

The vaccine is highly effective. However, it does not protect people against meningococcal disease caused by "type B" bacteria, which is responsible for one-third of meningococcal cases. To learn more, click on the link below:

http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm

- **General Health issues**

Student Health Services provides MTSU students with a wide variety of services including health education, outpatient services, a treatment and allergy clinic, and women's health. A prepaid student health fee covers the cost of basic office visits. There may be additional charges for other professional services such as laboratory tests, medications, injections, suturing, and EKGs. To learn more about the services provided by Student Health Services, click on the link below:

http://www.mtsu.edu/~mthealth/index.htm

- **Mental Health issues**

Counseling Services offers personal counseling, assisting students in their emotional, intellectual and social growth. Counseling Services sees the whole of the university as an educational opportunity, and although their work primarily involves non-classroom activities, they are equally concerned with students' academic achievement. They provide students with assistance in making life decisions. Services are provided in a non-judgmental and confidential environment. To learn more about the services provided by Counseling Services, click on the link below:

http://www.mtsu.edu/%7Ecountest/

- **Health and Wellness**

Campus Recreation offers a 140,000-square-foot facility with six basketball / volleyball courts, six racquetball courts, a three-lane indoor track, a 4,000-square-foot aerobics room, over 8,000 square feet of free weights, cardiovascular machines, an indoor swimming pool, 33 meters by 25 yards with water slide and diving board, equipment checkout, locker rooms, a rock climbing wall, a sundeck adjacent to four sand volleyball courts, outdoor pool, 75 feet by 25 feet with a depth of 0 to five feet, indoor soccer/inline hockey arena, ropes challenge course, and massage therapy room. To learn more about the services provided by Campus Recreation, click on the link below:

http://www.mtsu.edu/%7Ecamprec/