

**Welcome to The Culinary Institute of America
Greystone Campus!**

Physical Examination & Health Information

In order to attend the CIA, it is a requirement to have a physical exam performed within the past year and obtain mandatory vaccinations. This information must be documented on the **CIA** forms. The completed CIA forms must be submitted **30 days prior to your entry date.**

The completed Physical Examination & Health Information packet must be submitted by mail, fax or e-mail. Failure to complete these requirements will result in an academic hold and a \$200 non-compliance fee.

The Culinary Institute of America
Student Health Services
1946 Campus Drive
Hyde Park, NY 12538

Fax#: 845-905-4061

E-mail: ciahealthservices@culinary.edu

Please e-mail or call the Student Health Office at 1-800-285-4627 ext. 1261 if you have any questions.

Entry Date: / / _____

Requirements:

- Mandatory** two MMR vaccine dates **or** proof of immunity (page 1).
- Mandatory** Hepatitis A Vaccine (page 1).
- Mandatory** Tuberculosis (TB) screening questionnaire (pages 2-3).
- Mandatory** CIA History and Physical: **signed** and **dated** by a healthcare provider (page 4).
- Optional Statement of Health Insurance (page 5) – **mandatory for international students.**
- Meningitis vaccination response form (page 6).

The Culinary Institute of America
1946 Campus Drive, Hyde Park, NY 12538

Part I: Student Immunization Form

Student's Name: _____ Date of Birth: ___/___/___
(Last) (First) (MI)

Address: _____
(Street - Apt #) (City) (State - Zip)

Immunization Record:

CSU Executive Order 803 requires post-secondary students **born 01/01/57 or later** to show protection against measles, mumps, and rubella. Persons **born prior to January 1957 are exempt** from this requirement. The first dose of vaccine must be given on or after your first birthday.

OPTION 1: MMR (Measles, Mumps, Rubella)

MMR #1 ___/___/___
MMR #2 ___/___/___

OPTION 2: Antibody Titers (attach lab reports)

Measles titer ___/___/___ Immune Non-immune
Mumps titer ___/___/___ Immune Non-immune
Rubella titer ___/___/___ Immune Non-immune

Mandatory Hepatitis A vaccine (minimum 6 months apart)

Hep A #1 ___/___/___
Hep A #2 ___/___/___

Mandatory Hepatitis B vaccine (if <19 years old)

Hep B #1 ___/___/___
Hep B #2 ___/___/___
Hep B #3 ___/___/___

Varicella vaccine:

Varicella #1 ___/___/___
Varicella #2 ___/___/___

Meningitis vaccine

Meningitis #1 ___/___/___
Meningitis #2 ___/___/___ (if #1 given prior to age 16)

Tetanus-Diphtheria-Pertussis (most recent vaccine/booster)

Td ___/___/___ or Tdap ___/___/___

Signature of Healthcare Provider

Date

Name _____

Date of birth _____

Part IIa: Mandatory Tuberculosis Risk Assessment

Tuberculosis (TB) Risk Assessment – Student Questions

1. Have you ever had close contact with anyone who was sick with tuberculosis (TB)? Yes No
2. Have you ever had a positive TB skin test? Yes No
3. Have you been an employee, volunteer, or resident in a high-risk setting (e.g. correctional facility, healthcare facility, homeless shelter)? Yes No
4. Were you born in one of the countries listed below and arrived in the U.S. within the past 5 years? (If yes, please **CIRCLE** the country). Yes No
5. Have you ever had frequent or prolonged visits (>1 month) to one or more of the countries listed below? (If yes, **CIRCLE** the country below). Yes No

Afghanistan	Congo	Iran (Islamic Republic of)	Singapore	Namibia
Algeria	Côte d'Ivoire	Iraq	Solomon Islands	Nauru
Angola	Democratic People's Republic of Korea	Kazakhstan	Somalia	Nepal
Anguilla	Democratic Republic of the Congo	Kenya	South Africa	Nicaragua
Argentina	Djibouti	Kiribati	South Sudan	Niger
Armenia	Dominican Republic	Kuwait	Sri Lanka	Nigeria
Azerbaijan	Ecuador	Kyrgyzstan	Sudan	Niue
Bahamas	El Salvador	Lao People's Democratic Republic	Suriname	Northern Mariana Islands
Bangladesh	Equatorial Guinea	Latvia	Swaziland	Pakistan
Belarus	Eritrea	Lesotho	Syrian Arab Republic	Palau
Belize	Ethiopia	Liberia	Tajikistan	Panama
Benin	Fiji	Libya	Thailand	Papua New Guinea
Bhutan	French Polynesia	Lithuania	Timor-Leste	Papua New Guinea
Bolivia (Plurinational State of)	Gabon	Madagascar	Togo	Paraguay
Bosnia and Herzegovina	Gambia	Malawi	Trinidad and Tobago	Peru
Botswana	Georgia	Malaysia	Tunisia	Philippines
Brazil	Ghana	Maldives	Turkey	Poland
Brunei Darussalam	Greenland	Mali	Turkmenistan	Portugal
Bulgaria	Guam	Marshall Islands	Tuvalu	Qatar
Burkina Faso	Guatemala	Mauritania	Uganda	Republic of Korea
Burundi	Guinea	Mauritius	Ukraine	Republic of Moldova
Cambodia	Guinea-Bissau	Mexico	United Republic of Tanzania	Romania
Cameroon	Guyana	Micronesia (Federated States of)	Uruguay	Russian Federation
Cape Verde	Haiti	Mongolia	Uzbekistan	Rwanda
Central African Republic	Honduras	Morocco	Vanuatu	Sao Tome and Principe
Chad	India	Mozambique	Venezuela (Bolivarian Republic of)	Senegal
China	Indonesia	Myanmar	Viet Nam	Serbia
China, Hong Kong SAR			Yemen	Sierra Leone
China, Macao SAR			Zambia	
Colombia			Zimbabwe	
Comoros				

Source: World Health Organization Global Health Observatory, Tuberculosis Incidence 2016. Countries with incidence rates of ≥ 20 cases per 100,000 population

If the answer to all the above questions is **NO**, no further testing or further action is required.

If the answer is **YES** to any of the above questions, the CIA requires that a **healthcare provider** complete a Tuberculosis Risk Assessment (Part IIb, page 3).

Student Signature: _____

Date: _____

Name _____

Date of birth _____

Part IIb: Health Care Provider Tuberculosis Risk Assessment

Tuberculosis (TB) Risk Assessment – Provider Questions

1. Has the student ever had a **positive** TB skin test or TB blood test? Yes No
2. Does the student have a medical condition associated with increased risk of progressing to TB disease if infected (e.g.HIV infection; head/neck/lung cancer; hematologic disease such as leukemia or Hodgkin's disease; end stage renal disease; chronic malabsorption)? Yes No
3. Is the student a member of a high-risk group? Yes No

If all the answers above are **NO**, student is considered low risk and no further testing is needed.

If any of the answers above are **YES**, student is considered high risk and requires further TB screening.

TUBERCULOSIS SCREENING (within past 6 months):

Does the student have any of the following signs or symptoms of active pulmonary tuberculosis disease?

(Check all that apply).

- Cough (>3 weeks)
- Coughing up blood (hemoptysis)
- Chest pain
- Loss of appetite
- Unexplained weight loss
- Night sweats
- Fever (> 1 week)

If **no** symptoms are checked, proceed to TB skin/blood test.

If **any** symptoms are checked, provide documentation of evaluation to exclude active tuberculosis disease (TB testing, chest x-ray, sputum evaluation, as indicated).

TB Skin Test (results must be read in 48-72 hours): Date Placed _____ Date Read _____ Results _____ mm induration Interpretation <input type="checkbox"/> positive <input type="checkbox"/> negative	Quantiferon Test or T-Spot Test (a copy of the lab report must be provided): Date obtained _____ Results _____
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CHEST X-RAY (REQUIRED IF SKIN OR BLOODTEST IS POSITIVE):

Date _____ Result (attach copy of report): normal abnormal

Treatment/recommendations:

_____ Healthcare Provider Signature	_____ Date
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Name: _____

Date of birth _____

Part IIIa: Mandatory Medical History

PAST MEDICAL HISTORY: HAVE YOU HAD ANY OF THE FOLLOWING?

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Concussions | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Substance Abuse |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Thyroid Disease |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Tobacco Use |
| <input type="checkbox"/> Bipolar Disorder | <input type="checkbox"/> Digestive Problems | <input type="checkbox"/> Seasonal Allergies | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Bleeding Disorder | <input type="checkbox"/> Eating Disorder | <input type="checkbox"/> Seizure Disorder | _____ |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Fainting | <input type="checkbox"/> Skin Disease | _____ |

Food Allergies: _____

Medication Allergies: _____

Additional Allergies: _____

Past Surgical History: _____

Daily Medications/Dosages: _____

Part IIIb: Physical Exam

Height: _____ Weight: _____ BP: _____ / _____ Pulse: _____

NORMAL

ABNORMAL

COMMENTS

	NORMAL	ABNORMAL	COMMENTS
Skin			
H.E.E.N.T.			
Neck/Thyroid			
Lymph Glands			
Lungs			
Cardiovascular			
Abdomen			
Back/Extremities			
Neurologic/Reflexes			
Hearing			
Vision			

Recommendations for Physical Activity: Unlimited Limited (please explain): _____

Healthcare Provider Signature: _____ Date of Exam: _____

Name (or stamp) _____ Phone # _____

Address _____ Fax # _____

Name: _____

Date of birth _____

Part IV: Statement of Health Insurance Coverage
(Mandatory **only** for International Students)

Please attach proof of insurance coverage or copy the front and back of your health insurance card here.

Front:

Back:

Name: _____

Date of birth _____

Part V: Mandatory Meningitis Vaccination Response Form

California Health and Safety code, Sections 120395-12399 requires that colleges and universities distribute information about meningococcal disease and vaccinations to all students.

I have (check one box and sign below):

- had the meningococcal immunization within the past five (5) years. The vaccination date is listed on Part I – Student Immunization Form.

Note: The Advisory committee on Immunization Practices recommends that all first-year college students up to age 21 years should have at least one (1) dose of Meningococcal ACWY vaccine not more than five (5) years before enrollment, preferably on or after their 16th birthday, and that young adults aged 16–23 years may choose to receive the Meningococcal B vaccine series. College and university students should discuss the Meningococcal B vaccine with a healthcare provider.

- read, or have had explained to me, the information regarding meningococcal disease. I understand the risks of not receiving the vaccine. I have decided that I/my child will **NOT** obtain immunization against meningococcal disease.

Note: The Meningococcal ACWY vaccine is offered at Walgreens, 1685 TRANCAS ST, Napa, CA for \$133.99.

Student Signature	OR	Date
For students under 18 years of age, Parent /Guardian Signature		Date
Print Parent/Guardian Name	Relationship	

State of California Meningitis Fact Sheet:

What is meningococcal disease?

Meningococcal disease is a severe infection of the bloodstream by the bacteria Neisseria meningitidis. When the lining of the brain/spinal cord become infected, it is called meningitis. The disease strikes quickly and can have serious complications, including death.

Who gets meningococcal disease?

Anyone can get meningococcal disease. The disease occurs more often in people who are: teenagers or young adults, infants <1 year of age, living in crowded settings such as college dormitories or military barracks, traveling to areas outside of the United States such as the "meningitis belt" in Africa, living with a damaged spleen or no spleen or have sickle cell disease, have complement component deficiency, exposed during an outbreak, working with meningococcal bacteria in a laboratory.

How is meningococcal disease spread?

It spreads from person-to-person by coughing or coming into close/lengthy contact with someone who is sick/carries bacteria. Contact includes kissing, sharing drinks and living together. Up to 1:10 people carry meningococcal bacteria in their nose or throat without getting sick.

What are the symptoms?

Sudden high fever, headache, vomiting, stiff neck, red/purple skin rash, weakness and feeling ill, light sensitivity. 10-15% of those who get meningococcal disease die. As many as 1:5 will have permanent disabilities. Complications include hearing loss, brain/kidney damage, limb amputations.

How soon do the symptoms appear?

The symptoms may appear 3–4 days after a person is infected. It can take up to 10 days to develop symptoms.

Is there treatment?

Early diagnosis is very important. If caught early, meningococcal disease can be treated with antibiotics. Sometimes the infection has caused too much damage for antibiotics to prevent death or long-term problems. Most need to be cared for in a hospital.

What is the best way to prevent meningococcal disease?

Get vaccinated! Vaccines are available for people over 6 weeks of age. Various vaccines offer protection against the five major strains of bacteria that cause meningococcal disease. All teenagers should receive two doses of vaccine against strains A, C, W and Y (ex: Menactra). The first dose is given at 11 to 12 years of age, and the second dose at 16 years. Teens and young adults can also be vaccinated against the "B" strain, also known as Men B vaccine. Talk to your healthcare provider about whether they recommend vaccine against the "B" strain.

Who should not be vaccinated?

Tell your doctor if you have any severe allergies. Anyone who has ever had a severe allergic reaction to a previous dose of meningococcal vaccine should not get another dose of the vaccine. Anyone who has a severe allergy to any component in the vaccine should not get the vaccine. Anyone who is moderately or severely ill at the time the shot is scheduled should probably wait until they are better.

What should I do if I or someone I love is exposed? Talk with your healthcare provider as they can prescribe an antibiotic to prevent the disease.

Resources: [Meningococcal Disease – Centers for Disease Control and Prevention](#) (CDC)

Reviewed 8/2018

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