

**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 no later than **45 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 may 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: / / _____

Optional Student Recommendations:

- Covid vaccination
- Seasonal influenza vaccine
- Tetanus vaccine

Mandatory Student Requirements:

- Tuberculosis (TB) screening questionnaire (page 2).
- Meningitis vaccination response form (page 5).

Mandatory Healthcare Provider Requirements:

- Two MMR vaccine dates **or** proof of immunity (page 1).
- Hepatitis A vaccine dates (page 1).
- Hepatitis B vaccine (if student <19 years old) (page 1).
- Health Care Provider Tuberculosis Risk Assessment, if warranted* (page 3).
- History and Physical Exam: **signed** and **dated** by a healthcare provider (page 4).

*See page 2 Tuberculosis (TB) Risk Assessment guidelines for reference.

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

Part I: Immunization Form

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

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

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.

Required Immunizations

Optional Immunizations

<p>OPTION 1: MMR (Measles, Mumps, Rubella)</p> <p>MMR #1 _____/_____/_____</p> <p>MMR #2 _____/_____/_____</p> <p>OPTION: 2: Antibody Titers (attach lab reports)</p> <p>Measles titer date ____/____/____ <input type="checkbox"/> Lab report attached</p> <p>Mumps titer date ____/____/____ <input type="checkbox"/> Lab report attached</p> <p>Rubella titer date ____/____/____ <input type="checkbox"/> Lab report attached</p> <p>Hepatitis A vaccine (minimum 6 months apart)</p> <p>Hep A #1 _____/_____/____</p> <p>Hep A #2 _____/____/____</p> <p>Hepatitis B vaccine (mandatory if < 19 years old)</p> <p>Hep B #1 _____/_____/____</p> <p>Hep B #2 _____/_____/____</p> <p>Hep B #3 _____/_____/____</p>	<p>Varicella vaccine</p> <p>Varicella #1 _____/_____/_____</p> <p>Varicella #2 _____/_____/_____</p> <p><input type="checkbox"/> Disease</p> <p>Meningitis vaccine</p> <p>Meningitis #1 _____/_____/____</p> <p>Meningitis #2 _____/_____/____ (if #1 given prior to age 16)</p> <p>Tetanus Diphtheria Pertussis (most recent vaccine/booster)</p> <p>Td _____ or Tdap _____</p> <p>COVID vaccine – Please submit after fully vaccinated</p> <p>COVID #1 _____/_____/____ <input type="checkbox"/> Vaccine Card Attached</p> <p>COVID #2 _____/_____/____ <input type="checkbox"/> Vaccine Card Attached</p> <p>BOOSTER _____/_____/____ <input type="checkbox"/> Vaccine Card Attached</p> <p>Seasonal Flu vaccine</p> <p><input type="checkbox"/> Waiver Submitted _____/_____/_____</p>
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_____ Signature or Official Stamp of Healthcare Provider	_____ Date
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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 Algeria Angola Anguilla Argentina Armenia Azerbaijan Bahamas Bangladesh Belarus Belize Benin Bhutan Bolivia (Plurinational State of) Bosnia and Herzegovina Botswana Brazil Brunei Darussalam Bulgaria Burkina Faso Burundi Cambodia Cameroon Cape Verde Central African Republic Chad China China, Hong Kong SAR China, Macao SAR Colombia Comoros	Congo Côte d'Ivoire Democratic People's Republic of Korea Democratic Republic of the Congo Djibouti Dominican Republic Ecuador El Salvador Equatorial Guinea Eritrea Ethiopia Fiji French Polynesia Gabon Gambia Georgia Ghana Greenland Guam Guatemala Guinea Guinea-Bissau Guyana Haiti Honduras India Indonesia	Iran (Islamic Republic of) Iraq Kazakhstan Kenya Kiribati Kuwait Kyrgyzstan Lao People's Democratic Republic Latvia Lesotho Liberia Libya Lithuania Madagascar Malawi Malaysia Maldives Mali Marshall Islands Mauritania Mauritius Mexico Micronesia (Federated States of) Mongolia Morocco Mozambique Myanmar	Singapore Solomon Islands Somalia South Africa South Sudan Sri Lanka Sudan Suriname Swaziland Syrian Arab Republic Tajikistan Thailand Timor-Leste Togo Trinidad and Tobago Tunisia Turkey Turkmenistan Tuvalu Uganda Ukraine United Republic of Tanzania Uruguay Uzbekistan Vanuatu Venezuela (Bolivarian Republic of) Viet Nam Yemen Zambia Zimbabwe	Namibia Nauru Nepal Nicaragua Niger Nigeria Niue Northern Mariana Islands Pakistan Palau Panama Papua New Guinea Paraguay Peru Philippines Poland Portugal Qatar Republic of Korea Republic of Moldova Romania Russian Federation Rwanda Sao Tome and Principe Senegal Serbia Sierra Leone
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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: _____
Guardian Signature (only if student <18 years of age): _____	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).

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

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

Treatment/recommendations:

<p>_____ Healthcare Provider Signature</p>	<p>_____ Date</p>
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Name: _____

Date of birth _____

Part IIIa: 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: Mandatory 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 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 date of vaccination was _____.

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 or recommended booster dose. I have decided that I/my child will **NOT** obtain immunization against meningococcal disease at this time.

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

Student Signature	OR	Date
students under 18 years of age, Parent /Guardian Signature		For 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 felling 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