



**Welcome to**

# **THE INSTITUTE OF PRODUCTION & RECORDING**

You have chosen to invest in an exciting future. Please take time to familiarize yourself with all the information contained in the IPR Student Handbook. It is important and will serve as a guide to your time at IPR. When and if additions or changes are made, they will be reflected in real time. If you have questions about any of the policies or procedures, please contact the appropriate IPR office. IPR faculty and staff are pleased that you are here and will support you in your quest for success.

**STACY SEVERSON, CAMPUS DIRECTOR**









































## Should I still Get Hepatitis A, HPV, and Meningococcal Shots If They're Not Required?

Yes.

- The meningococcal ACWY vaccine is recommended for all persons through age 21 years. Also, talk to your health care provider about the meningococcal B vaccine.
- Hepatitis B is highly contagious, and the highest rate of disease occurs in persons age 20-45 years. This vaccine is recommended for all infants so it is possible you have already received this vaccine. If you will be going into a health care profession, your employer will probably require that you show proof of vaccination.
- Hepatitis A is still common in the U.S. and traveling outside of the U.S. is a risk factor for getting hepatitis A infection.
- HPV is very common. Getting vaccinated offers protection against cancer and genital warts.
- If you will be traveling internationally, it's likely you'll need even more shots. Talk to your health care provider.

## What Do I Have to Do?

Under Minnesota law, you have to submit an immunization record to your college or meet one of the legal exemptions (see below). You might be automatically exempt if you graduated from high school in Minnesota since 1997 or you were previously enrolled in another college in Minnesota.

## Are There Other Legal Exemptions?

Yes. You don't have to get a vaccine if you are already immune to the disease it prevents. For combination vaccines, like MMR vaccine, you would need to get it if you had measles, but not mumps or rubella.

Your doctor can sign an exemption if you have a medical reason not to be vaccinated.

You can get a non-medical exemption if you object to an immunization. You will need to submit a notarized

statement that your conscientiously held beliefs prevent you from getting the vaccines you specify.

## What If I Can't Find My Shot Record?

Try to remember where you were immunized and see if your doctor or clinic still has the records.

- If you attended school in Minnesota (before college) your former school district may have your records.
- If you grew up in Minnesota, you can call the Minnesota Immunization Information Connection (MIIC) at 651-201-5207 or 1-800-657-3970 to request your immunization record.
- If you still can't find your records, you'll probably have to repeat the shots and start a new record.

## Are the Shots Safe?

The vaccines are safe and effective. There can be mild side effects (e.g., slight fever, sore arm). It's very rare for more severe side effects to occur. If you are unimmunized, your chances of becoming ill and suffering serious complications are much higher. Extra doses usually do not increase the chance of side effects.

## Where Can I Get the Shots?

Your health care provider can give you the shots you need. If you don't have a health care provider, or don't have health insurance, you may be able to get free or low-cost shots. If you're 18 years of age or younger, you may qualify for the Minnesota Vaccines for Children Program. If you're 19 years of age or older, you may qualify for the Uninsured and Underinsured Adult Vaccine program.

Go to [Vaccine Clinic Look-Up](http://www.health.state.mn.us/divs/idepc/immunize/vaxfinder.html) for more information [www.health.state.mn.us/divs/idepc/immunize/vaxfinder.html](http://www.health.state.mn.us/divs/idepc/immunize/vaxfinder.html)

Your local public health agency may be able to direct you to services.