

UNIVERSITY OF MINNESOTA

INTERNATIONAL
STUDENT AND
SCHOLAR SERVICES

Office of International Programs



FAMILY RESOURCE GUIDE

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MEDICAL INFORMATION

HEALTH CARE

The United States does not have a national health care system. The cost of medical care is each person's responsibility. The University of Minnesota therefore offers Student Health Benefit Plans for international students and scholars. For questions about medical care you may contact Boynton Health Services at 612-624-0627 or visit the Student Health Benefit plan website: www.bhs.umn.edu/insurance/international.htm

International students and Boynton Health Service started International Health Advocates (IHA), a peer education program designed to help foreign students understand the health-care system. It also helps foreign students to identify the types of health care they need. They will assist scholars and dependents as well. You may contact IHA at 612-625-5944 or e-mail at iha@umn.edu. A website is also available: www.bhs.umn.edu/iha

It is recommended that you and your children go to the doctor for regular health "check ups". Talk to your child's doctor about how often you should bring your child into the clinic for regular check-ups, also known as "well-being visits". Find out from your health insurance provider which clinics you may visit.

BASIC IMMUNIZATION INFORMATION FOR CHILDREN

Immunizations, also known as vaccinations, are recommended by the Department of Health. The Minnesota Department of Health states that "immunizations are one of the best weapons we have against a number of serious diseases."

The state of Minnesota requires certain immunizations for children enrolled in child care, day care, school, and college. The following is a general guideline of the immunizations required. You need to consult with your doctor and the school district or child care center to verify which immunizations are required. For questions and concerns about immunizations, please talk to your doctor and your child's doctor and visit the Minnesota Department of Health's website at www.health.state.mn.us/divs/idepc/immunize/index.html.

Required for enrollment in child care:

- DTP (diphtheria, tetanus, pertussis/whooping cough), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 15-18

months

- Polio, 3 shots given at age 2 months, age 4 months, and age 6-18 months
- MMR (measles, mumps, rubella), 1 shot total, given at age 12-15 months
- Hib (Haemophilus influenza type b), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 12-15 months
- Varicella (chickenpox), 1 shot total, given at age 12-18 months
- PCV (pneumococcal vaccine), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 12-15 months

Required for enrollment in Grades K-12:

- All immunizations required for enrollment in child care, except Hib and PCV
- Hep B (hepatitis B), 3 shots total, given at birth, 1-2 months after first hep B, and age 6-18 months. If child did not have these 3 shots previously, then he will be required to have them before enrollment in grade K-12.

Recommended shots:

- Hep A (hepatitis A), 2 shots total, given at age 12-23 months. Doses are given 6-18 months apart. MCV4 (meningococcal conjugate), 1 shot total, given at age 11-12 years.
- Influenza (flu), shot given each fall, beginning at age 6-23 months. Children receiving the influenza immunization for the first time need 2 shots at least 4 weeks apart.

For more information on immunizations, please visit the following websites:

Minnesota Department of Health: Immunization

This website has information on immunizations in Minnesota, including basic information on immunizations and a list of immunizations required for schools: www.health.state.mn.us/divs/idepc/immunize/index.html

Minnesota's school immunization law: Are you kids ready for school?

This handout has includes a chart that explains what immunizations are needed to children of different ages.

www.health.state.mn.us/divs/idepc/immunize/arekidseng.pdf