We hope you had a fun-filled and healthy summer. As the fall semester begins, take some time to learn about the services we have to offer. Visit us at the Diamond Head Portables, A-104 or call us at 455-0515. For more information, visit our website at: hawaii.edu/shs/lcc.

ALOHA

Immunizations Are Important Throughout Your Life

College students are at higher risk for certain infections. Many can be prevented by immunizations. When you entered college, a TB clearance and MMR clearance was required. Did you also know that there are other immunizations recommended for college students? A few of these are: Tdap, HPV, Meningococcal, and influenza. These vaccines are available at the Student Health Center and can help ensure that you have a safe and healthy college experience.

TDAP VACCINE

The Tdap vaccine helps prevent tetanus, diphtheria and pertussis. Tetanus (lock jaw) causes painful muscle tightening and stiffness, usually all over the body. It enters the body through cuts, scratches or wounds. Diphtheria and Pertussis are caused by bacteria that can spread by coughing or sneezing. Diphtheria can cause a thick coating to form in the back of the throat which can lead to breathing problems. Pertussis (whooping cough) is highly contagious and causes severe coughing spells.

Source: https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html

VACCINES SAVE LIVES

By getting vaccinated, you can help keep yourself, your family, and your community healthy.

HPV VACCINE

The HPV vaccine protects against certain strains of the Human Papilloma-virus which causes cervical cancer, anal cancer, certain head and neck cancers, and genital warts. Learn more on pg. 2.

MENINGOCOCCAL VACCINE

The Meningococcal vaccine helps prevent bacterial meningitis, which often attacks the brain and spinal cord causing severe headache and flu-like symptoms. This vaccine is recommended if you live in close proximity to others, e.g. dorm.

INFLUENZA VACCINE

The Influenza vaccine is given annually, usually in the Fall to protect against the influenza viruses that research indicates will be most common during the upcoming season.

Source: https://www.cdc.gov/flu/protect/keyfacts.htm
Understanding HEPATITIS

Viral hepatitis is the inflammation of the liver. The most common types of viral hepatitis are **Hepatitis A**, **Hepatitis B**, and **Hepatitis C**. Each type can vary between its causes, their symptoms, and forms of treatment.

**HEPATITIS A** is usually transmitted person-to-person through the fecal-oral route or consumption of contaminated food or water. It is a self-limited disease that does not result in chronic infection. Most adults with Hepatitis A have symptoms, including fatigue, low appetite, stomach pain, nausea, and jaundice, that usually resolve within 2 months of infection.

**HEPATITIS B** is transmitted when blood, semen, or another body fluid from a person infected with the Hepatitis B virus enters the body of someone who is not infected. This can happen through sexual contact; sharing needles, syringes, or other drug-injection equipment; or from mother to baby at birth.

**HEPATITIS C** is a liver infection caused by the Hepatitis C virus (HCV). Hepatitis C is a blood-borne virus. Today, most people become infected with the Hepatitis C virus by sharing needles, using unsterile tattoo equipment, or other equipment to inject drugs. However, the Hepatitis C virus is treatable with antiviral medications.

Did You Get Your HPV Shots?

*Human Papillomavirus, also commonly known as HPV, is a common sexually transmitted virus that infects teens and adults. HPV is named for the warts (papillomas) some HPV types can cause. Many forms of the virus go away on their own and are relatively harmless, but others can cause oral, cervical, penile, vaginal, and anal cancers. Even using a condom won’t necessarily prevent the spread of HPV. Therefore, it is recommended to get the HPV vaccination before age 26, which can prevent infection from the types of HPV that commonly cause cancer.*

**HOW IS HPV SPREAD?**

HPV is transmitted through intimate, sexual contact. You can get HPV by having oral sex with someone who has the virus, but it is most commonly spread during vaginal or anal sex.

HPV is so common that nearly all men and women get it at some point in their lives. HPV can be passed even when an infected person has no signs or symptoms. In fact, symptoms can develop years after being infected, making it quite difficult to know when you first became infected.

Source: [https://www.cdc.gov/hpv/parents/whatishpv.html](https://www.cdc.gov/hpv/parents/whatishpv.html)

LOVE PONO’s mission is to provide a safe environment to help the Leeward Community College community build and maintain healthy relationships through education, intervention, campus and community resources, and counseling. If you need to or know of anyone that would like to reach out to our committee please check our website: [www.leeward.hawaii.edu/lovepono](http://www.leeward.hawaii.edu/lovepono)

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