Frequently Asked Questions Regarding Health Clearance

1. **What are the University of Hawai‘i Mānoa health clearance requirements?**
   University of Hawai‘i health clearance requirements consist of two things:
   1) Tuberculosis testing done within 1 year prior to enrollment, and
   2) Documentation of Measles, Mumps, Rubella (MMR) immunity

   The Hawai‘i Department of Health has proposed adding "new" routinely recommended vaccinations to the list of required immunizations. Although not currently required for enrollment, these vaccines may soon be: a) Meningococcal, b) Tetanus/Diphtheria/Pertussis (Tdap), and c) Varicella. The Meningococcal vaccine is **STRONGLY RECOMMENDED** for college students, especially students who intend to live in the resident halls, as there is an increased risk of this highly contagious disease in this campus population. The newly available serogroup B Meningococcal (MenB) vaccination should also be considered; please discuss with your health care provider.

   Other vaccines highly recommended include: a) Polio, b) Human Papilloma Virus, and c) Hepatitis A and B. All vaccines are available at the University Health Services.

2. **Why does the University of Hawai‘i have health clearance requirements?**
   Immunizing individuals helps to protect the health of our student body and University community. The State of Hawai‘i mandates the Tuberculosis and Measles, Mumps, and Rubella (MMR) clearances be met for entrance to post-secondary educational institutions. (Hawai‘i Administrative Rules, DOH Title 11, Chapter 157).

3. **What happens if I have not met the University of Hawai‘i health clearance requirements?**
   You may not register for classes until you have received health clearance.

4. **How do I submit my health clearance documentation to the University Health Services?**
   Health clearance forms can be faxed to: (808) 956-3583, mailed, or sent via a secure email using FileDrop (see procedure below):

   **Mail:**
   University of Hawai‘i - Mānoa
   University Health Services,
   1710 East West Road,
   Honolulu, Hawaii 96822

   **OR**

   **FileDropping (Securely emailing) Your Medical Records:**
   In order to send us your health records, you will need to have web access and have your health information stored on the device that you're using (computer, phone, tablet, etc).

   1. From any web browser, go to [https://www.hawaii.edu/filedrop](https://www.hawaii.edu/filedrop)
   2. Click on the green box on the right side of the screen asking you to login.
   3. Click the Login Here link, and login using your UH username and password.
   4. After you’ve logged in, you will be redirected to a page that allows you to input a recipient.
In the recipient field, type: **UHSM.** You will need to retype this in the Confirm Recipient field.

Check the box for Require Authentication.

It is optional, but you may include what it is that you're sending in the Comment field, such as "Insurance Card" or "Health Clearance".

After you've filled out both Recipient fields, click Proceed.

Click the Choose File button to browse for your medical records. (You may input a description in regards to each file, but it is not necessary)

Click the Start Upload button.

You will be redirected to a confirmation page with the link to your uploaded file. You're finished!

**5. What are the Tuberculosis health clearance requirements?**

- All students must receive a tuberculin skin test or chest x-ray performed by a U.S. licensed healthcare practitioner (M.D., D.O., A.P.R.N., or P.A.), within one year prior to enrollment.

- The U.S. licensed healthcare practitioner must document the state he/she is licensed in and license number.

- The tuberculin skin test may be taken here at the University Health Services, or the Hawaii State Department of Health - Lanakila Health Center, or a private physician’s office or clinic.

- **TB testing takes 2 to 7 days to complete. Please allow enough time if completing this in the U.S.**

- If your tuberculin skin test is positive (10mm reading or greater), a chest x-ray is required.

- Your tuberculin skin test must be read in 48 to 72 hours and documented in millimeters, i.e., 0mm. A “negative” reading is not acceptable. A four day reading is not accepted.

- If you have recently taken the MMR vaccine you must wait 4 weeks to take the tuberculin skin test. Do NOT take the tuberculin skin test. You may have a chest x-ray done to preliminarily complete the tuberculosis requirement.

**6. What is the reason for having the Tuberculosis health clearance requirements?**

Tuberculosis (TB) is a disease caused by bacteria that is spread through the air. It usually affects the lungs, but may damage other parts of the body as well and cause serious illness. People catch TB from someone who already has it - no one is born with it. Anyone, of any nationality or age, can get TB, and without treatment, they can die. The good news is that with proper medication, TB can be cured. The only way to tell if you have a TB infection is to get a TB skin test. If it is positive, you will be given other tests to see if you have an active TB infection or TB disease.

**7. How can I meet the Tuberculosis health clearance requirements?**

Take a tuberculin skin test or chest x-ray.

**8. Is the Tuberculosis blood test (e.g., Quantiferon) acceptable to meet the health clearance requirements?**

No. Currently the Hawaii Department of Health does not accept the Quantiferon as a valid test for Tuberculosis. The skin test or chest x-ray is required.

**9. What are the Mumps, Measles, and Rubella (MMR) health clearance requirements?**

You must prove immunity to Measles, Mumps and Rubella (MMR) diseases.

- Two doses of the live measles vaccine, with at least one being an MMR (Measles, Mumps, and Rubella) vaccine.

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• Your first dose must have been given on or after your first birthday.
• Your second MMR vaccine must have been given at least 4 weeks after the first vaccine.
• Measles, Mumps and Rubella immunizations may be waived if:
  ▪ You have a blood test to prove your immunity to measles, mumps, and rubella. The measles, mumps and rubella titers are needed, OR
  ▪ You were born before 1957

10. How can I meet the Measles, Mumps, and Rubella (MMR) health clearance requirements?
Provide documentation of immunity to Measles, Mumps and Rubella diseases by blood tests, or documentation of receiving the vaccines.

11. Where can I receive Tuberculosis clearance testing?
• Out of the United States – A tuberculin skin test or chest x-ray must be performed by a U.S. licensed healthcare practitioner (M.D., D.O., A.P.R.N., or P.A.), within one year prior to enrollment. The U.S. licensed healthcare practitioner must document the state he/she is licensed in and license number. OR
• The University Health Services. We are located upper campus below Kennedy Theater. Our address is 1710 East West Road, Honolulu, HI 96822. OR
• Hawaii State Department of Health - Lanakila Health Center. Please call 808-832-5731 for location and hours. OR
• A private U.S. physician or clinic.

12. Where can I receive mumps, measles, and rubella testing?
• Your country, OR
• The University Health Services. We are located on Upper Campus below Kennedy Theater. Our address is 1710 East West Road, Honolulu, HI 96822. OR
• A private U.S. physician or clinic.

13. When is University Health Services open to meet health clearance requirements?
We are open Monday through Friday from 8am to 4pm. No TB skin test is administered on Thursdays. No appointment is required.

14. Can I obtain my health clearance at places other than University Health Services?
Yes, you may obtain health clearance from your physician or clinic. We only need the signed documentation of your TB and MMR health records by a U.S. licensed healthcare professional.

15. I am currently not in the United States, is it possible to meet the University of Hawai‘i health clearance requirements before coming to begin school?
Yes! The tuberculin skin test or chest x-ray may be performed in your country by a U.S. licensed healthcare practitioner (M.D., D.O., A.P.R.N., or P.A.). The U.S. licensed healthcare practitioner must document the state he/she is licensed in and license number. The MMR vaccines or blood testing can be done in your country and does NOT require it to be done by a U.S. licensed healthcare practitioner.

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