

## FOR ENTERING CMU FRESHMEN AND TRANSFER STUDENTS:

### SUGGESTIONS FOR LOCATING PAST IMMUNIZATION RECORDS

If you are having difficulty finding your past immunization records, the following suggestions may be helpful:

1. Check with *all* your previous health care providers. Don't forget visits to your local public health department or neighborhood clinic.
2. Look through your old papers—immunization records are often tucked away in a baby book, or included in school or camp medical history forms.
3. Check with any schools you attended to see if they have retained a record of immunizations required for school entrance. Adolescents may have received certain vaccines, e.g., hepatitis B vaccine, in school.
4. Don't forget about any vaccines that might have been required for a job, military service, or entry into another college.
5. Some states, including Michigan, have centralized immunization registries that keep electronic records of all vaccines given in that state. To ask about the possibility of such a registry in your area, call your state health department immunization coordinator, and/or the coordinator in states where you used to live. State immunization coordinator contact information can be accessed at [www.immunize.org/coordinators](http://www.immunize.org/coordinators). Please note that the electronic registries are fairly new and may include only recent immunizations for college age students.
6. Sometimes when physicians retire or a medical practice changes hands, old patient records are sent to a medical record storage company. It may be possible to obtain records directly from the company for a fee.
7. Document any information that you discover in writing, including the vaccine name (e.g., "MMR") date given, and provider or clinic name. Most state health departments can provide you with a child immunization record card. You can download an adult immunization card at <http://www.immunize.org/adultizcards/adultizcard.pdf>.
8. Ask your parents or early care givers if they have any records of your childhood immunizations.
9. Understand that it is not often possible to find the childhood immunizations of an adult. When you can't document having received a required vaccine in the past, you may have to be re-vaccinated. Receiving extra doses of these vaccines will not harm you. For a few diseases and/or vaccines, you can have blood tests done to see if you are immune.
10. To avoid having to hunt for old records again or possibly repeating vaccinations that cannot be documented, make sure all immunization providers give you a written record of the vaccine(s) provided. Remember to bring your immunization record with you to all medical appointments. You might want to keep it protected by a vinyl sleeve or zip-lock bag. If you maintain an up-to-date copy of your record, you'll be ready to document your immunization whenever necessary!

Source: Immunization Action Coalition, <http://www.immunize.org>