

MMR - either take shots or do an antibody test

Meningitis - can be waived

Tb - blood test

These are the requirements by the university.

Apart from that, get all the basic checkups done.

Be it dental or skin issues because these things would be super costly in the US.

Get your eyesight checked too.

Also, take necessary medicines with you and take a prescription too Incase somebody asks about the medicines in the customs.

As I got a lot of messages regarding the queries of vaccinations. Here's my knowledge of the health related requirements by UB.

Health requirements:

MMR - 2 dosages

Meningitis (Meningococcal Vaccine)

Tb blood test (Tb gold, Mantoux test)

These are the basic 3 vaccinations which are required by the university.

1. *MMR:* there are 2 doses of MMR vaccine which can be taken within the gap of 28 days. If you and your parents are sure that during childhood you had taken these vaccines then you can take an antibody test which is known as TITER Test. It will tell you if your body has antibodies of Measles, Mumps and Rubella. If the test comes negative for either of them then you will have to take the vaccination for it.

2. *Meningitis:* If you want to take then you can take Meningococcal vaccine. It has a single dose. But you can sign the waiver too just below that section if you feel that you don't need the vaccination.

3. *TB:* There was a lot of confusion if you need to take this test or not. According to my knowledge, we belong to an Asian country and hence we do need to get this test done. We need to show a negative test of TB. In some of the tests there is a possibility that we Indians might test positive for it, after that we need to get a chest X-ray 'only if' we test positive for this Tb blood test.

Here comes the 'jugaad' which I have observed people doing:

Some of the students have gotten the health form signed from a doctor without any proof as such and their holds were removed.

I do not encourage this method but if you feel that it's okay with you then you can go ahead with it.