

IMPORTANT: Health & Medical Memo

GLASSES/CONTACTS

Students who wear **prescription glasses or contact lenses** should bring extra pairs if possible. Otherwise, they should bring a copy of their prescription in case they need to obtain a replacement during OSAI.

HEALTH PRECAUTIONS

While at Quartz Mountain, students may want to take precautions against mosquito or other **insect bites** and should report to the nurses if swelling or redness becomes severe.

Southwest Oklahoma is very hot in June, and the sun can be intense. Students should **drink plenty of water** throughout the day and **wear sunscreen** and protective clothing when outdoors.

MEDICAL STAFF

Registered nurses will be in residence at Quartz Mountain 24 hours a day during OSAI. All medication, including over-the-counter (“OTC”) medicine, must be left with the OSAI nursing staff to administer as needed or prescribed. This is for the safety of all students at the Institute. Parents and/or students are encouraged to inform the nurses of any current or prior medical conditions to ensure each student receives the best possible care at Quartz Mountain.

The OSAI nurses will be available at **student check-in**. **Students should bring all medications, including OTC drugs, with them to give to the nurses at check-in.** This is also an opportunity to speak to the nurses about any medical needs, so please come prepared!

All **counselors are certified in CPR and first aid** prior to OSAI.

HEALTH/MEDICAL FORMS

The following forms were mailed to parents and are also available at <https://oaiquartz.org/OSAI/student-information>:

- Student Health & Medical Permission Form
- Authorization to Disclose Health Information
- Medication Administration Log (For students who require medication, please complete this form to ensure the OSAI nursing staff is informed of the dosage and frequency.)

It is very important that OAI has accurate medical information about every student as well as permission from parents to treat and transport the student to the nearest medical facility in case of emergency. **No student will be admitted to OSAI without these forms on file.**

IMMUNIZATIONS

It is highly recommended that students arrive at Quartz Mountain **fully vaccinated**.

Additionally, students at Quartz Mountain live in dormitory style housing conditions, which presents a risk factor for meningococcal disease. Many colleges require the **meningococcal vaccine** prior to living in residence halls like Quartz Mountain. Students who have already received the meningococcal vaccine typically would receive a second shot at age 16. Students who have never received the meningococcal shot should talk to their healthcare provider about getting it as soon as possible. A “Meningococcal Vaccines for Preteens and Teens” fact sheet is also available on our website.

For information regarding immunizations, please contact your healthcare provider, call Immunization Service at 405.271.4073, or visit <http://imm.health.ok.gov>.