

# STUDENT HEALTH CARE POLICY AND SERVICES



## UNIVERSITY IN-HOUSE CLINIC

The University runs an in-house clinic, which is a resource for information and services to keep your mind and body healthy while you are at AUST. We hope you view in-house clinic not just as a place to go to when you are ill, but also as a resource for advice on healthy habits and general wellness. Once you arrive on campus, medical advice is available 24 hours a day, 7 days a week.

## MEDICAL COMPLIANCE REQUIREMENTS FOR NEW STUDENTS

Good physical and mental health are key ingredients for your success as a student. In a small community living near of each other, diseases can spread from one person to the next very quickly; therefore, before final registration at AUST, all students are required to provide acceptable documented proof that they are in good physical and mental health prior to registering into the program for each academic session and thereafter. Proof will be in the form of specific documentation referred to below.

This report becomes part of your student record. Mechanisms are in place to monitor medical records to ensure that required compliance, such as vaccinations, remain valid throughout the time you are enrolled in the program. To support certain aspects of the medical examination, **all** medical tests will be carried out at the University Clinic, with all associated expenses borne by the student.

The following medical tests have been deemed to be mandatory:

- Full Blood Count (FBC)
- Erythrocytes Sedimentation Rate (ESR)
- ABO Blood Group
- Genotype
- Fasting Blood Sugar (FBS)
- Serum Urea
- Serum Creatinine
- Urinalysis
- Serum Protein and Albumin
- Mantoux Test/TB Gold/TB Quantiferon
- HbsAg
- Anti-HCV
- Negative test result for HIV. Please note, a positive HIV result will not result in denial of admission but is needed to ensure appropriate medical care, which will be at no cost to the student;
- Documentation of any medications/drugs being taken/dosage/delivery method, etc., if applicable;
- Evidence of negative screening results for certain narcotics;

## MANDATORY IMMUNIZATIONS

Before a student can be formally enrolled, the student's medical record must include proof of immunization for each of the following:

- Hepatitis B & C Vaccine;
- Tuberculosis - ie negative tuberculin screen (result valid for one year);
- Meningitis Vaccine;
- Yellow Fever Vaccine;
- Typhoid Vaccine;
- Bacille-Calmette Guerrin (BCG) Vaccine;
- Tetanus Toxoid Vaccine;
- Diphtheria Vaccine;

In those cases where students have medical reports which do not cover all the requirements stipulated by the university, the required additional medical examination, tests and immunizations will be conducted at the In-House Clinic, at the student's expense.

You are encouraged to make sure that all required vaccinations have been administered **PRIOR TO YOUR ARRIVAL ON CAMPUS**. Failure to provide such documentation prior to, or on arrival, will result in your registration being placed on hold. This means that you will not be able to register for classes until we receive a complete and compliant medical report, covering the requirements stated above.

## COVID-19 GUIDELINES

As the University gradually returns to an in-person learning, living and teaching approach, we will be guided, as always, by science and data. As we move forward together, we must continue to observe health and safety protocols to keep ourselves; and in turn, each other, as safe as possible.

What are the next steps prior to arriving on campus:

### Face Covering on Campus

Everyone on campus, regardless of vaccination status, must **wear a face covering/mask in all University buildings and vehicles** unless in a private office or living environment. Masks are required in dining areas except when you are actively consuming food or beverages. For vaccinated individuals in outdoor spaces, face coverings/masks are optional. For unvaccinated individuals, masks are advised if social distancing is not possible. ***Please make it a habit to always carry a mask with you.***

### Testing

All returning students will be required to have carried out a COVID-19 test 72 hours prior to their arrival on campus.

- For students residing in Nigeria, a list of Government laboratories ([click here](#)) and fee paying private laboratories ([click here](#)) in your region, have been provided by the [Nigerian Center for Disease Control \(NCDC\)](#). Completed test result should be sent to [clinic@aust.edu.ng](mailto:clinic@aust.edu.ng).
- For students travelling to Nigeria from their home country, an extensive travel advisory FAQ ([click here](#)) and the International Travel Protocol into Nigeria ([click here](#)) have been provided by the

NCDC. Upon completion of your COVID-19 PCR testing, you will be required to fill in your details and tests result on the [Nigeria International Travel Portal \(NITP\)](#).

### **Vaccinations**

Vaccination provides the best protection against COVID-19, and provides the best chance for us to return to the daily activities that are so critical to university life. Our campus vaccination rate will significantly influence our continued in-person teaching and living. Based on the government guidelines, it is expected that all students returning for on-campus classes and/or conducting research in on-campus labs, whether they live on campus or off, be fully vaccinated. For returning Nigerian students, who are unvaccinated or partially vaccinated, arrangements will be made by the University Clinic to have vaccination exercises done on campus at an arranged date to be confirmed by the medical officers. All returning foreign students who are unvaccinated or partially vaccinated, should consult the International Travel Protocol into Nigeria ([click here](#)) for specific guidelines.

### **Health Practices**

Each of us have a role to play in keeping the AUST community safe. All students, faculty and staff working and learning on campus are expected to follow these guidelines, including personal health practices. Because the risk of virus exposure is everywhere, we encourage you to continue practices, such as thorough cleaning, hand washing, social distancing, and wearing cloth face coverings/masks, to limit the chance of virus exposure when at home or away from campus, such as when visiting a shopping mall or restaurant. This is absolutely critical to protect the health and safety of our community.

### **REPORTING CHANGES IN HEALTH STATUS**

The idea of a sound mind in a sound body is well known. The University therefore takes your health seriously. You also have a part to play to ensure good health and informing the University of any health challenges you may be facing. It is your responsibility to inform the University of any significant changes that may occur in your health, including any injuries. Although, ideally, all such issues should be directed to the University's medical personnel at the University Clinic, you may also inform you Department Head or Student Affairs if necessary.

Some health issues have the potential to affect other members of the community (transmissible diseases or those relating to mental health). In such cases, the University reserves the right to ask the affected student to be confined in a place on or off-campus for a specified or unspecified period. Before returning to the shared campus environment, any student who have had to be confined or excluded from the campus environment must be cleared by the University medical officer or provide written proof from his/her physician attesting to his/her condition being sufficiently safe as to be not detrimental to the safety or health of himself/herself, or others on campus.

In cases where absences caused by a change in health status clearly interfere with a student's progress, the student will be asked to withdraw from the program and may apply to re-enter the program after resolution of the health problem and submission of an updated health record.

## **CONFIDENTIALITY**

Medical records are strictly confidential and are **not** part of the academic records. Any information on these records or concerning a visit to the In-House Clinic will not be released to any third party without written consent of the individual affected. However, immunization records are an exception when they must be made available to an authorized government medical officer in those cases where a given condition may be considered a public health threat. All affected student will be informed throughout these processes.