

Your health and wellness

As you prepare for the start of the academic year, it's important to prioritize your health and wellness needs. Taking time to take care of your health and wellbeing will better enable you to reach your academic goals. Review these recommendations to complete before arriving on campus to help keep you and our campus communities healthy and safe.

Review your immunizations

Using the list below, you're encouraged to review your immunizations prior to coming to NSCC. Being up to date on your immunizations ensures your health and the health of others is protected while you pursue your studies.

- COVID-19
- Hepatitis B
- Human Papillomavirus (HPV) (Gardasil or Gardasil 9)
- Influenza (flu shot)
- Measles, Mumps, Rubella & Varicella (MMRV)
- Meningococcal A, C, Y, W
- Meningococcal B
- Tetanus, Diphtheria, Pertussis (Tdap)

The information above is provided by the [Canadian Immunizations Guide](#) and Nova Scotia Public Health Department. Visit Nova Scotia Public Health or download the [CANImmunize](#) app for additional information including vaccine schedules.

Protect against preventable diseases

While NSCC requires students to meet certain vaccination requirements based on their program of study, there are additional immunizations that we strongly recommend for **all** students.

Meningitis: Meningitis is a serious illness that can infect the brain, spinal cord and blood. This infection can cause lifelong disability or death if untreated. We suggest all students 25 years of age and under living in campus housing receive the **Meningitis B vaccine**. However, all students living in tight quarters off campus are also at risk, as this disease can be spread through saliva when an infected person coughs, shares utensils, borrows someone's lip products or is in close contact with others. Protect yourself and your roommates by getting the Meningitis B vaccine.

- NS residents** – The province is providing **free Meningitis B vaccinations** for those who will be living in a group setting (such as in college campus housing). Vaccines will be administered at select pharmacies. [Book your appointment](#)
- Not all vaccines are publicly funded and there will be variation in which vaccinations are funded in each province/territory/country. There may be a cost for some vaccines not covered by your insurance plan. The **NSCC student health and dental plan** provides 70% coverage for the meningitis B vaccination as well as other immunizations. [Review coverage details](#)

Flu: Like COVID-19, the flu can spread rapidly, especially for those living and learning in close quarters. The flu virus mutates yearly so annual flu vaccines are critical to preventing the spread. Vaccinations are typically available through pharmacies, walk-in clinics and on-campus flu vaccination clinics beginning in late October/early November.

Learn more about your student health benefits

We offer several student benefits programs that support your health and wellbeing. Review details about our:

- student health and dental plan
- myvirtualdoctor virtual health care service
- international emergency health insurance
- mywellness mental health and wellness program

Be sure to review the coverage (as well as opt out/opt in provisions) provided at mystudentplan.ca before arriving at NSCC.

Make your mental health and wellness a priority

If you're like most students, you're probably feeling a mix of emotions about attending college: excitement, hope, perhaps worry and self-doubt. Your wellness matters to us, and you're not alone on your learning journey. [Learn about our mental health and wellness supports before your program begins](#). Once your program gets underway, take time to explore the wellness supports and services available to you on Connect, like free counselling, 24/7 urgent care, online wellness resources and information about campus wellness events.

Make connections early

Getting involved in campus organizations like the [Student Association](#) can help you start making friends right away. This will go a long way toward reducing stress and building your on-campus support networks.