

PIDD and college

College can have extra challenges if you have primary immunodeficiency disease (PIDD). Here are some important tips to get ready.

Before you go

- Apply for the smallest dorm or even a private room. Fewer people means fewer germs. You'll still make friends.
- Call the disabilities office and see if you can register with them. They can help if you get sick and need to miss class. They might also offer scholarships.
- Try to find an internist or immunologist near your college.
- If you haven't gotten some vaccines, have your immunologist write a letter explaining why.
- If you have a roommate, tell them about your condition. Explain that you need to be careful about germs.
- Encourage your roommate, suitemates and friends to get a flu shot and the meningitis vaccine if they haven't.
- Tell the housing office if you need air conditioning in your room. If they offer you a window unit, clean and disinfect it before you use it. Clean it regularly afterward.
- Arrange to have your immune globulin (IG) and supplies sent to your dorm. Make sure there is a plan in place for the package to be signed for so it is not left sitting outside your building.

Before you go

- Keep a copy of your insurance card in a safe place.
- Clean your room regularly. If your room has a private or suite bathroom, clean it regularly too.
- Make an appointment with the student health center and tell them about your health history. Have your doctor's office send them your medical records.
- Find a local pharmacy that takes your insurance.
- Keep your current rescue medicines close by. Remember to take them home on breaks.
- Find out where the exercise facilities are on campus. Make a plan to stay active.
- See what your meal options are and maintain a healthy diet.
- Try to get into your dorm room early so you can clean it before anyone moves in.
- Print an emergency contact list and keep it on display in your dorm room.
- Keep anti-bacterial wipes and hand sanitizer on hand.
- Arrange for IG infusions before you need them. Some states allow infusions in your dorm room or health center. Check with your doctor.
- Make sure you have a refrigerator if you need one to store your IG. Keep a thermometer inside to make sure it's cold enough, but not freezing.
- Be prepared with clothes for all kinds of weather.

For more information

Call **1-877-342-9352**

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