What is measles?
Measles is a disease caused by a virus that spreads very easily from person to person. It usually lasts a week or two. Measles looks and feels like a cold or the flu at first. A cough, high fever, runny nose and red, watery eyes are common. A few days later, a red, blotchy rash starts on the face, then spreads to the rest of the body.

Is measles dangerous?
Yes. Measles is most dangerous for children under 5 years of age, adults over 20 years of age, pregnant women, and people with weakened immune systems.

How is measles spread?
Measles is more easily spread than almost any other disease. The virus that causes measles lives in the nose and throat and is sprayed into the air when an infected person sneezes, coughs or talks. Touching tissues or sharing a cup used by someone who has measles can also spread the virus. People with measles can spread the disease 4 days before the rash begins until 4 days after rash onset. The first symptoms appear 10 - 14 days after a person is exposed.

How is measles diagnosed?
Because measles can look like other diseases that cause a rash, the only sure way to know if you have measles is to get a blood test.

How can you prevent measles?
• Measles vaccine is usually given in a shot called MMR, which protects against measles, mumps and rubella.
• if you have been exposed to someone with measles, talk to your doctor right away to see if you need a vaccination.
• People with measles should be kept away from people who are not immune until they are well again.

Is MMR vaccine safe?
Yes. It is safe for most people. However, a vaccine, like other medicines, can cause side effects in some people.

Continued on page 3.
Brandon Lievano

My name is Brandon Lievano and I am a full-time student and part-time employee at Bergen Community College. I am also very pleased to announce that I have recently made the decision to become a Student Government Association senator. Currently in my fourth semester at Bergen, I can honestly say that coming to this school was the best decision that I could have made after graduating from high school. At the time, having recently graduated and feeling unsure of what I wanted to do with my life or what I wanted study, making the decision to attend Bergen was the right one for me to make, whether I recognized it at the time or not. During my time here I’ve had very positive experiences, both inside and outside of the classroom. Some of the professors that I’ve taken here have had a huge impact on me in terms of getting me excited about learning; I seem to have cultivated a great interest and zeal for philosophy courses in particular, thanks to some awesome professors in that field.

When I’m not busy listening to lecture, I’m usually working at the school’s Registration Office, which also happens to be my first-ever employment. This job has certainly helped me to face my shyness and step out of my comfort zone, as it sees me helping a multitude of students a day with the registration process, as well as assisting them with financial aid and navigating their web advisors.

Important Registration Dates:
February 10: Start of spring 2 classes
Feb 10-16th spring 2 schedule changes ($10 fee) and to receive 100% tuition refund
March 24: (spring 3 classes begin)
April 6: (spring 1 classes) Official Withdrawal Deadline to receive official grade of “W” (No money back)
May 21: Graduation Ceremony 2015 @ 10.00am

Important Financial Aid Dates
January 1st
2015-2016 FAFSA Available
February 2nd
IRS Data Retrieval Available
March 11th
Bergen Community College Priority Deadline to Complete 2015-16 FAFSA
June 1st
NJ State Deadline (Continuing Students) to Complete 2015-16 FAFSA
October 1st
NJ deadline (new students) to complete 2015-2106 FA

Upcoming Financial Aid Events
February – May
NJ HESAA hosts NJ FAFSA Days at various institutions throughout New Jersey to assist students with their 2015-2016 FAFSA.
For more information, please visit www.njcollegegoalsunday.org

February – August
Bergen Community College 2015-16 FAFSA Workshops Begin
(Days & Evenings Weekly)
For more information, please visit www.bergen.edu/fa

Important Financial Aid Dates
January 1st
2015-2016 FAFSA Available
February 2nd
IRS Data Retrieval Available
March 11th
Bergen Community College Priority Deadline to Complete 2015-16 FAFSA
June 1st
NJ State Deadline (Continuing Students) to Complete 2015-16 FAFSA
October 1st
NJ deadline (new students) to complete 2015-2106 FA

Upcoming Program:
You can get a text message for Emergency notification emails including information on topics such as weather closing and safety alerts. Automatically, all faculty and students will receive emergency. You can receive these emergency alerts text messages, phone call through other email addresses as well. To choose those options visit: www.bergen.edu/swn and click ‘Register for BCC Emergency Alerts’

Student 101 magazine February Issue is ready…. Check it out.. http://readsh101.com/bergen.html
How to activate and Register using your portal: go to my.bergen.edu

1. All currently enrolled students have a username and password and are eligible to use portal at my.bergen.edu for looking up their academic information. Students who are in good academic standing may register via portal.
2. If you forgot your username Select what’s my Bergen username on the student menu
3. If you forgot your password: Select what’s my password on the student menu

If you want to change your contact information”
Visit the REGISTRATION WINDOW in A128 (Paramus campus); Student Affairs Front counter (Hackensack) and lobby (counter) in Meadowlands and provide your student ID, Driver’s License or state issued ID.

What is Measles? (continued)
Bergen Community College Policy
• Students registering for 12 or more credit hours of course study per semester/term are required to submit proof of immunization (2MMR dates or positive blood titers). However, all students are recommended to get vaccinated
• Those students who do not provide documentation will have an immunization hold.

Where can I get more information?
• Health Services, Room HS 100, 201-447-9257
• CDC National Immunization Information Hotline:
  – English: 1-800-232-2522 or Spanish: 1-800-232-0233 (Mon – Fri, 8am – 11pm)
  – TTY: 1-800-243-7889 (Mon – Fri, 10am – 10pm)

Celebrate Black History Month
• Artist-in-residence Alonzo Adams, whose past credits include displays at Howard University and the Russell Senate Office Building curated an exhibition of his artwork on the main floor of the Pitkin Education Center.

• “Encoded Messages: Reading African Art,” an exhibition of textiles and sculptures curated by the Tenafly-based Society of African Missions, will reside in the Sidney Silverman Library throughout the month.

• Dr. Roger Mitchell Jr., a forensic pathologist and author, delivers the month’s keynote address Friday, Feb. 27 at 6 p.m. during the annual banquet recognizing student scholars.

• Khalil Gibran Muhammad, Ph.D., director of the New York Public Library’s Schomburg Center for Research in Black Culture, will discuss his work Wednesday, Feb. 25 at 7 p.m.

• Activist Kevin Powell, one of the nation’s most respected voices on hip-hop and other topics, arrives Thursday, Feb. 12 at 6:30 p.m.

For information on any of these events, reach out to Ronald E. McKnight at rmcknight@bergen.edu or (201) 879-1695.

Bursar: Payment Plan
Make college more affordable by paying for tuition and fees over time.
• There is no interest!
• Payment Options are Flexible!
• Set up fees are affordable!
• It’s easy to Enroll

Payment Plan Benefits:
• Easy online enrollment
• Flexible payment options
• No interest

Payment methods
• Automatic bank payment
• Credit/debit card

Cost to participate
• $25 enrollment fee per semester
• $30 payment fee if a payment is returned

For more information click:
www.mycollegepaymentplan.com/bergen.edu

Why Attend Bergen?
It’s simple. Bergen provides high-quality and affordable education with plenty of opportunities for student engagement through campus activities and student organizations. At Bergen each student is an individual, not a number. That’s the Bergen advantage. Call Admissions and Recruitment at (201) 447-7200 to become a member of the Bergen community.