

Healthy Summer Tips

Vaccine Information

Summer is a great time to be sure that your students' immunizations are up to date! Below is an overview of vaccinations for students entering Kindergarten – Grade 12 in New York State.

2012-2013 School Year Requirements

DTap	3 doses (4 doses for NYC students)
Tdap (booster)	1 dose if born on or after 1/1/94 & entering grades 6-11.
Polio (IPV or OPV)	3 doses
MMR	2 doses of measles, 1 dose of mumps, rubella
Hepatitis B	3 doses
Varicella (Chicken Pox)	1 dose if born on or after 1/1/98 or born on or after 1/1/94 & entering grades 6-12.

Summer Sun



☀ UV Rays are strongest in the middle of the day. Plan indoor activities at that time or look for shade to prevent sunburn.

- ☀ Cover the skin with a shirt AND sunscreen to avoid sunburn!
- ☀ Wear a hat – preferably one that covers the neck and ears. When wearing a baseball style hat, remember to apply sunscreen to the neck and ears.
- ☀ Sunglasses protect eyes from UV rays. Look for ones that wrap around & block nearly 100% of UV rays.
- ☀ Use sunscreen with at least an SPF of 15 and UVA/ UVB protection.
- ☀ This information and more is available at: http://www.cdc.gov/media/subtopic/matte/pdf/summer_burned.pdf

Summer Water Safety

When protecting kids while swimming, most parents think about life jackets, swimming lessons, and childproofing their pool. However, swimming in pools, lakes or waterparks that are contaminated with germs can cause recreational water illnesses (RWIs) such as: **Giardia, Pink Eye, Swimmer's Ear and Molluscum Contagiosum.**

Some simple steps can keep everyone safe while swimming. In addition to teaching your child to not swallow water when swimming or playing in the water, you can help keep your child and everyone else healthy in the water if you:

- Keep your child out of the water when he has an open wound, diarrhea, pink eye, hepatitis A, or other contagious diseases.
- Don't share pool or beach towels.
- Take younger children to the bathroom frequently so that they are less likely to have accidents in the water.
- Keep in mind that swim diapers and swim pants are not leakproof. Check and change them frequently for infants and toddlers who aren't yet potty trained.
- Don't change diapers by the pool. Instead, take your child to the bathroom to change his diaper and then wash your child's bottom well and wash your hands too.

<http://www.cdc.gov/healthywater/disease/>

Head Lice Alert

Head lice reach a peak time for infestation during the summer because of overnight camps, slumber parties and vacations.



Consider checking your child's head for the presence of lice regularly during the summer and several times the week before school reopens. Information about identifying lice can be found at:

<https://identify.us.com/head-lice/index.html>

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