



Have a Healthy Summer!

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:

DTap	3 doses (4 doses for NYC students)
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 6 th Grade
Tdap	1 dose if born on or after 1/1/94 & entering 6 th Grade

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/cancer/skin/chooseyourcover/guide.htm>

H1N1 Influenza A

A pandemic flu outbreak is occurring internationally this year, and while we don't need to panic, there are some simple guidelines that can help protect you and your family:

- Wash hands frequently with soap and water for 20 seconds (long enough for children to sing the "Happy Birthday" song twice). Be sure to set a good example by doing this yourself.
- Cough and sneeze into a tissue. (If a tissue is used, throw the tissue away immediately).
- Stay at least six feet away from people who are sick.
- Stay home from activities if sick, and stay away from sick people until they are better.

Your child may develop flu like symptoms this summer that include a fever of over 100.0° F and a cough and sore throat. If that occurs, please contact your healthcare provider and follow medical advice before your child returns to group activities.

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: <http://www.hsph.harvard.edu/headlice/photos.html>