

NEWS FROM THE NURSE

Dear Salk Elementary School parents:

As your child's School Nurse, I am committed to the health, safety and well-being of your child every day. There are things that you can do to make sure that they stay healthy and safe. Listed below are a few of those things.

- Remember that children less than 4 feet 9 inches tall need to be in a booster seat so that the seatbelt fits them properly. Most of the children who attend Salk Elementary School are less than 4'9!
- All children who are 14 years old or younger should ALWAYS ride in the back seat of a car. Remember, the back seat is the SAFEST seat for all passengers!
- All children should have sunscreen applied every time they will be outside. Apply sunscreen at least 30 minutes before they go outside to allow it to absorb. Remember, sun damage occurs over time, so protect your children every single day, not just the days that are spent by water.
- Many children are injured each year due to water accidents. Children should not be left unattended around pools or beaches. Life jackets should be used in lakes and parents should be in the water at all times with small children and children who can not swim.
- Children and adults should have a check up at the doctor each year. Children and adults should also see a dentist every 6 months and an eye doctor annually.
- Vaccine requirements for school change all the time! You may want to discuss the following vaccines with your child's doctor now to "beat the rush". New requirements happen all the time so *always follow the recommendations of your physician*:
 1. Hepatitis A - 2 doses given 6 months apart is recommended for all kids and is required for all kindergarteners and 1st graders.
 2. Influenza (Flu shot or flu mist) - recommended every year for every child and adult
 3. Tdap - required for all 6th - 12th graders (may be given anytime on or after the 11th birthday)
 4. Meningococcal (Menactra) required for all 6th - 12th graders (may be given anytime on or after the 11th birthday)
 5. HPV - (girls and boys in grades 6th - 12th)

Yours in Health,
Your School Nurse,

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