

# 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 the *required* vaccinations for NY students entering Pre- K – Grade 12  
**2017-2018 School Year Requirements**

VACCINE	DOSES
DTap DTP	4 doses Pre-K 4-5 doses K-5 3 doses 6-12
Tdap	1 dose 6-12
Polio (IPV or OPV)	3-4 doses K,1,2, 3, 6, 7, 8, 9 3 doses Pre-K, 4, 5, 10, 11, 12
MMR	1 dose Pre-K 2 doses K-12
Hepatitis B	3 doses
Varicella (Chicken Pox)	2 doses K,1,2, 3, 6, 7, 8, 9 1 dose Pre-K, 4, 5, 10, 11, 12
Meningococcal	1 dose by grade 7, 8 2 doses by grade 12 or 1 dose if received after age 16
Must check with provider/school nurse to determine number of doses needed	

Protecting Yourself in the Sun

## Block Out UV Rays - Great Guidance from OSHA

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.
- <https://www.osha.gov/Publications/OSHA3166/osha3166.html>

## Basics of Recreational Water Illnesses (RWI)

Knowing the basic facts about recreational water illnesses (RWIs) can make the difference between an enjoyable time at the pool, beach, or Water Park, and getting a rash, having diarrhea, or developing other, potentially serious illnesses. Share these tips with your school community!

### Keep the pee, poop, sweat, & dirt out of the water!

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.

### Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

<https://www.cdc.gov/healthywater/swimming/swimmers/rwi.html>

## Facing Head Lice A Guide for Families



### Myths & Facts About Head Lice

- Myth:** Only dirty people get head lice.
- Myth:** Head lice carry diseases.
- Myth:** Head lice can be spread by sharing hairbrushes, hats, clothes and other personal items
- Myth:** Head lice can jump or fly, and can live anywhere.
- Myth:** You can use home remedies like mayonnaise to get rid of head lice.

### [NASN - Headfirst Lice Lessons](#)

This sample resource was created by the New York State Center for School Health and is located at [www.schoolhealthny.com](http://www.schoolhealthny.com) – Forms | Communications – 3/17