

## ***Immunization Information***

Immunization Schedule ages 7 -18, parent-friendly

[https://www.healthychildren.org/Documents/tips-tools/Immunization%20Schedules/izschedule\\_adolescent.pdf](https://www.healthychildren.org/Documents/tips-tools/Immunization%20Schedules/izschedule_adolescent.pdf)

Meningitis

<https://www.healthychildren.org/English/health-issues/conditions/head-neck-nervous-system/Pages/Meningitis.aspx>

TDAP Vaccine

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Tetanus-Diphtheria-Pertussis-Tdap-Vaccine-What-You-Need-to-Know.aspx>

MMR Vaccine

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Measles-Mumps-Rubella-Vaccines-What-You-Need-to-Know.aspx>

## Helpful Health Info Links

### **Seasonal Illness Information: Winter**

Flu

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>

CDC Seasonal Flu Guide

<https://www.cdc.gov/flu/index.htm>

### **Common Contagious Illnesses**

- **Chickenpox:** Onset is 2-3 weeks after exposure. Slight fever, irritability for 1 day followed by itchy blisters on body, usually trunk and face. Contagious 7-10 days. Do not send child to school until each sore has crusted, usually 7-10 days.  
<https://www.healthychildren.org/english/health-issues/vaccine-preventable-diseases/Pages/Varicella-ChickenPox.aspx>
- **Conjunctivitis:** Also called Pinkeye. Onset is 2-5 days after exposure. Red, irritated itchy, tearing eyes with yellowish discharge that makes eyes sticky, especially upon awakening. Very contagious. May return to school after 24 hours.  
<https://www.healthychildren.org/English/health-issues/conditions/eyes/Pages/PinkEye-Conjunctivitis.aspx>
- **Fifth Disease:** Onset 1-2 weeks after exposure. Slight fever and tiredness. About the 3rd week, a red rash appears on face (cheeks), and a red lacy looking rash on the rest of the body. Consult MD if family member is pregnant or have Sickle Cell Disease or other red blood cell disorders.  
<https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Fifth-Disease-Parvovirus-B19.aspx>
- **Head Lice:** Onset is up to 2 weeks after exposure. Observe child's hair and scalp at the neckline and around ears for nits (tiny, pearly white, egg shaped objects) that stick to hair shaft. Symptoms are a very itchy head. Consult your MD or pharmacy for treatment. Child may return to school when hair is nit free. Very contagious, check family members also and disinfect clothing and bedding.  
<https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>

Professional Lice Removal

<http://theliceladyofwestchester.com/Home.html>

- **Impetigo:** Onset varies. Look for Golden colored crusty sores or pimple-like spots that blister and break to form crusty areas. Infection spreads rapidly if untreated. Child can return to school 24 hours after treatment started.  
<https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Impetigo.aspx>
- **Mononucleosis:** Onset 4-6 weeks after exposure. Fever, sore throat, swollen glands, tiredness. Virus is spread person-to-person contact via saliva on hands, toys, sharing drinking

glasses, or by kissing. Consult your physician who will determine when the child may return to school and Phys Ed.

<https://www.healthychildren.org/English/health-issues/conditions/infections/Pages/Mononucleosis.aspx>

- **Ringworm:** Onset varies. Look for a round, reddish area with a raised scaly looking border that is often itchy. Consult MD for treatment. Child may return to school 24 hours after treatment begins. Cover affected areas.

<https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Ringworm.aspx>

- **Strep Throat/Scarlet Fever:** Onset is 2-5 days after exposure. Sore throat, fever, swollen glands. If a red rash is present, this is Scarlet fever. See MD for treatment. The child can return to school if there is no fever and an antibiotic has been given for 24 hours (MINIMUM OF 3 DOSES OF ANTIBIOTICS).

<https://www.healthychildren.org/English/health-issues/conditions/ear-nose-throat/Pages/The-Difference-Between-a-Sore-Throat-Strep-and-Tonsillitis.aspx>

## **Common Reasons for a visit to the School Nurse**

Fever

<https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/When-to-Call-the-Pediatrician.aspx>

Stomachaches in Children and Teens

<https://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Stomachaches-in-Children-Teens.aspx>

Ear Infection

<https://www.healthychildren.org/English/health-issues/conditions/ear-nose-throat/Pages/Ear-Infection-Symptoms.aspx>

Headaches

<https://www.healthychildren.org/English/health-issues/conditions/head-neck-nervous-system/Pages/Headaches-When-to-Call-the-Pediatrician.aspx>

Dizziness and Fainting

<https://www.healthychildren.org/English/health-issues/conditions/head-neck-nervous-system/Pages/Dizziness-and-Fainting-Spells.aspx>

Back Pain

<https://www.healthychildren.org/English/health-issues/conditions/orthopedic/Pages/Back-Pain-in-Children-Teens.aspx>

Sprained Ankles

<https://www.healthychildren.org/English/health-issues/conditions/orthopedic/Pages/Sprained-Ankles.aspx>

## ***Health Screenings***

Hearing

<https://www.healthychildren.org/English/health-issues/conditions/ear-nose-throat/Pages/Could-My-Child-Have-A-Hearing-Problem.aspx>

Scoliosis

<https://www.healthychildren.org/English/health-issues/conditions/orthopedic/Pages/Scoliosis.aspx>

Vision

<https://www.healthychildren.org/English/health-issues/conditions/eyes/Pages/Vision-Screenings.aspx>

## ***Nutrition***

BMI

<https://www.healthychildren.org/English/ages-stages/gradeschool/nutrition/Pages/Is-Your-Child-Overweight.aspx>

Breakfast for Learning

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Breakfast-for-Learning.aspx>

## ***Safety and First Aid***

Fire Safety

<https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Fire-Safety.aspx>

First Aid for Burns

<https://www.healthychildren.org/English/safety-prevention/all-around/Pages/First-Aid-For-Burns.aspx>

## ***Emotional Health and Wellness***

Helping Children Handle Stress

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx>

School Avoidance Tips

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/School-Avoidance.aspx>