

Your Child's Health and Well-Being

The first day is coming! The following list of recommendations can help your child to make a smooth transition during the first few days of school.

- ✓ Provide the school with your child's immunization record (written proof is required.) In recent years, some children have not received the proper immunizations. As a result, diseases we had all nearly forgotten have been appearing again.
- ✓ All children are required by the state of New Jersey to have the following immunizations recommended by the Academy of Pediatrics: diphtheria, whooping cough, tetanus (DPT) - 4 doses. The last one is to be given on or after the fourth birthday. Polio vaccine (IPV or OPV) - 3 doses. The last one is to be given on or after the fourth birthday. Measles, mumps, and rubella (MMR) vaccine is to be given after one year of age. Measles booster is required on children born after January 1, 1990. Hepatitis B for children born on or after January 1, 1990 - 3 doses. Tuberculin test (mantoux type) is optional. Varicella vaccine (chickenpox) is a required immunization.
- ✓ If your child is ill, keep him/her home from school. Be alert to such symptoms as upset stomach, runny nose, fever, or sore throat. Check with your doctor for diagnosis, treatment, and the proper time for returning to school. **Please call the school daily before 8:30 a.m. to explain the reason for the absence.** A child should be fever free for 24 hours before returning to school.
- ✓ If your child becomes ill at school, he/she should tell the teacher who would send him/her to the school nurse. The school nurse will call you should there be an illness or injury that requires treatment or if she feels your child should go home.
- ✓ If a child is on **medication**, the parent/guardian should bring the medication to the health office in its original container, before classes start in the morning. **A doctor's note or note from the parent must accompany the medication.** The note should state what the medication is, when and how often to dispense it, and the reason for the medication to be taken. All