

Wellness Tidbits



BACK-TO-SCHOOL CHECKLIST

As summer winds down and fall is on the horizon, we find ourselves preparing for a new and prosperous school year. Most of us will make plans to go “back-to-school” shopping for much needed school supplies, new clothing, shoes, backpacks and fresh haircuts. However, it is important not to forget to schedule annual medical physicals as well as dental and vision checkups for your children to detect and prevent health issues.

Immunizations are important, especially in school age children, as they help to provide immunity prior to children being exposed to serious diseases and help to stop the spread of disease to those at higher risk. However, it is good practice to continue discussions with your doctor throughout adulthood as some vaccines require boosters and new vaccinations may be needed to prevent disease and maintain your health.

Commonly recommended vaccinations for children under 18:

- Chickenpox (varicella vaccine)
- Diphtheria, tetanus and pertussis (DTaP)
- Measles, mumps and rubella (MMR vaccine)
- Polio (IPV vaccine)
- Human papillomavirus (HPV vaccine)
- Meningococcal disease (meningococcal conjugate vaccine)

To view the 2021 immunization schedules by age, visit [Vaccines and Immunizations | CDC](#).

Resources:

1. <https://www.cdc.gov/vaccines/growing/school-vaccinations.html>
2. <http://www.goodrx.com/blog/back-to-school-vaccinations/>
3. <https://nursejournal.org/articles/required-back-to-school-vaccinations/>



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How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

True or False:

Receiving recommended vaccinations helps stop the spread of certain diseases.

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CHALLENGE HERE!**

