



The Nurse's Corner

Bring on Summer!

Warmer weather and the heat of the summer will be here soon! Here are some important reminders and tips for enjoying the outdoors and planning ahead to help prevent heat illness. A heat illness is one caused by high temperatures and humidity. Heat illnesses range from mild to severe. The four most common heat illnesses include:

Heat rash - a stinging skin irritation that turns the skin red.

Heat cramps - Painful spasms in the legs, arms, or abdominal muscles. These can occur with increased sweating and losing salt (electrolytes) and fluids.

Heat exhaustion - This may occur after a longer period of time in high temperatures where there is not enough fluid intake. This is a red flag that your body needs to take a break and cool down.

Heat stroke - If the body continues to heat up, heat stroke can develop! Heat stroke is a medical emergency! It can lead to organ failure and death! Call 911 or go to the emergency room immediately if you have symptoms! Some of the major symptoms of heat stroke may include: dry, red, hot skin; no sweating; a high temperature; change in mental status or cognition; seizures; and/or loss of consciousness.

Prevention - The following simple steps can be used to keep from getting overheated. Remember to pace yourself and rest often.

Maximize Hydration: The amount of water needed depends on the activity, how long in the sun, and the fitness level. If you are thirsty, you are already dehydrated. It is recommended to drink water regularly, every 15-20 minutes; and drink water 1-2 hours before and after recreating/activity.

Bring Snacks: As you sweat, your body is not only losing water but is also losing salt. Avoid alcohol, and replenish with foods high in electrolytes, such as: sports drinks with electrolytes, fruits, nuts, and seeds.

Shelter from the Sun: Limit the amount of time spent in the sun. Access to shade or a cool area is important to consider when choosing an activity in the heat

Protect Your Skin: Protecting your skin from the sun will help your body stay cool. Wear a hat,

sunglasses, and loose, lightweight, light-colored cotton clothing. Wear sunscreen. A sunburn reduces your body's ability to cool down, and it can also dehydrate you.

Additional factors that increase the risk of getting a heat illness include: **Age:** children four years old or younger, or adults 65 years or older, are at a higher risk. Reminder: Don't leave a child in the car, even if a window is cracked, and make sure they drink enough water. **Illness:** medical conditions such as diabetes, kidney or heart problems, and pregnancy. **Certain prescription medications:** These include tranquilizers, water pills, antihistamines, beta blockers, laxatives, and drugs used to treat mental illnesses or Parkinson's disease.

Heat illnesses should not be taken lightly. A heat rash may be troublesome, but heat stroke can be deadly. Familiarize yourself with the symptoms of heat illnesses to keep yourself and your friends and family safe in hot and humid weather.

References:

University of Utah, Recreating Safely in the Heat, University of Utah Health, <https://healthcare.utah.edu/healthfeed/2021/06/re...June> 25, 2021.
Cleveland Clinic, Heat Illness: Prevention, Symptoms & Treatment, <https://my.clevelandclinic.org/health/diseases/16...Apr> 1, 2021

Bike Safety

Riding a bike is fun and a great way to get exercise! Unfortunately, though, accidents can happen and many kids each year are hurt or seriously injured from biking injuries. So before you get started, here are some ways to stay safe while riding.

HELMETS!! A properly fitted helmet protects your face, your head, and your brain if you fall. Make sure you have a helmet with a sticker that says it meets the rules set by the CPSC (Consumer Product Safety Commission). If it doesn't, get a helmet that does! Always wear a helmet, even for short rides! Other helmet musts: Make sure the helmet fits well, wear it the right way- forehead covered and straps fastened, do not wear a hat under the helmet, get a new helmet if you fall while wearing it and you hit your head- it could be damaged and may not be as protective, and pick a bright colored helmet and/or put reflective stickers on your helmet so drivers can see you better.

RIGHT BIKE SIZE AND MAINTENANCE! Your feet should easily touch the ground as you sit on the seat and your legs shouldn't be too bent while you pedal. Other safety checklist items to go over would be: make sure the seat, handlebars, and wheels fit tightly, check and oil the chain regularly, check the brakes to ensure they work well and aren't sticking, and check the tires to make sure they have enough air and the right amount of tire pressure.

PROPER ATTIRE! Wear bright colors and put reflectors on your bike to help drivers see you better. Make sure you aren't wearing anything that could easily get caught in the chain loose pant legs, backpack straps, or untied or long shoelaces. It is best to wear sneakers while riding a bike to better grip the pedals- avoid flip flops, sandals, shoes with heels, cleats, or going barefoot. Avoid listening to music devices so you can hear what is going on around you, especially cars! Do not use a cellphone or text while riding your bike to avoid distractions!

RIDE WHERE IT IS SAFE! Find out from parents where it is allowed for you to ride and how far you can go. Find out if they want you riding on the sidewalk or road. However, it is recommended that children under 10 use the sidewalk. Be on the lookout for things that could get in the way: rocks, other children or pets, or big puddles. Keep an eye out for cars at all times even if you are just riding on the sidewalk. A car could back out of a driveway and not see someone riding their bike. Also, pay extra attention to cars while crossing the street and walk your bike across the street. Daytime riding is the safest time to ride a bike. Try to avoid riding in the dark.

ROAD RULES! Ride with your hands on the handlebars at all times. Always stop and check for traffic in both directions when crossing the street or leaving your driveway. Cross at intersections and walk your bike across the intersection and use the crosswalk if there is one and follow traffic signals. Ride on the right hand side of the street and go the same direction as traffic. Use bike lanes whenever you can. Do not ride too close to parked cars. Stop at all stop signs. Ride single file when riding with others. When passing other bikers or people on the street, pass on their left side and always yell “on your left!”. Learn and use the proper hand signals for turning and stopping.

Reference: Intermountain Healthcare Primary Children's Hospital- Kids Health Education Center, Dr. Amy W. Anzilotti, MD



Back to School Immunizations

This is a great time to make sure your student is ready for school next year & to catch up on immunizations! Annual checkups are also an ideal time to catch up on immunizations!

The purpose of immunizations is to prevent potential illness from vaccine preventable diseases & comply with the Utah Statutory Code, Title 53A, Chapter 11 and the Immunization Rule for Students R396-100.

To attend **Kindergarten** in Utah, students need:

5 DTaP/DT 4 Polio 2 Measles, Mumps, Rubella (MMR) 3 Hepatitis B 2 Hepatitis A 2 Varicella (chickenpox)

To attend **7th grade** in Utah, students need:

All of the immunizations listed above plus 1 Tdap & 1 Meningococcal which are usually given between 11-12 years of age.

If parents/guardians want to claim an **exemption** to immunizations for medical, religious, or personal reasons, an online immunization education module must be completed at immunize.utah.gov or parents/guardians can have an in-person consultation at a local health department. Once completed, the certificate needs to be turned into the school.

Proof of immunity to disease(s) can also be accepted in place of vaccination. A document from a health care provider stating that the student previously contracted the disease needs to be given to the school.

Students who do not comply with the immunization policy will be placed on a conditional enrollment status in accordance with Utah Statutory Code 53G-9-3. This means that after written notification in person, by mail, by email or by telephone/voicemail notification, parents/guardians have 30 calendar days to provide proof of immunizations, an exemption form, or proof of immunity from disease(s) to the school your student/child attends. Students who are not in compliance must be excluded from attending school until proper documentation is provided to the school.

If there are any financial or other barriers preventing your student from obtaining immunizations, please contact your school for assistance.

For more information, contact your healthcare provider, school nurse, public health department or Immunization Hotline at 1-800-275-0659 or www.immunize-utah.org.

References:

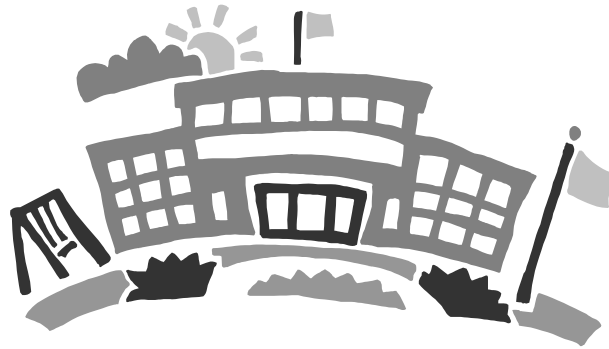
Washington County School District Policy 2330

Utah Statutory Code 53G-9-3

Utah Department of Health Immunization Program 1-800-275-0659 <https://immunize.utah.gov>

Southwest Utah Public Health Department <https://swuhealth.org/>

April/May 2023



Immunization Requirements Kindergarten Entry 2023-2024

To attend kindergarten, a student *must have written proof* of receiving the following immunizations:

- ◆ 5 DTaP/DT
- ◆ 4 Polio
- ◆ 2 Measles, Mumps, Rubella (MMR)
- ◆ 3 Hepatitis B
- ◆ 2 Hepatitis A
- ◆ 2 Varicella (chickenpox)

Recommended for children 5 years and older but not required for school entry in Utah:

- ◆ **Influenza**
- ◆ **COVID-19**

Proof of immunity to disease(s) can be accepted in place of vaccination only if a document from a health care provider stating the student previously contracted the disease is presented to the school.

For children whose parents claim an exemption to immunization for medical, religious, or personal reasons, their legally responsible individual must complete an online immunization education module at immunize.utah.gov or in-person consultation at a local health department. A copy of the certificate must be presented to the school or child care official.

For a medical exemption from the required immunizations, a completed vaccination exemption form and a written notice signed by a licensed healthcare provider must be presented to the school.

For questions regarding your child's immunization status, contact your child's healthcare provider, your local health department or the Immunization Hotline at 1-800-275-0659.

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Requisitos de Inmunizaciones para ingresar al Kínder 2023-2024

Para asistir al kínder, un estudiante debe presentar comprobante por escrito de haber recibido las siguientes vacunas:

- ◆ 5 DTaP/DT
- ◆ 4 Polio
- ◆ 2 MMR
- ◆ 3 Hepatitis B
- ◆ 2 Hepatitis A
- ◆ 2 Varicella (chickenpox)

Recomendado para niños de cinco años o más, pero no se requiere para ingresar a la escuela en Utah:

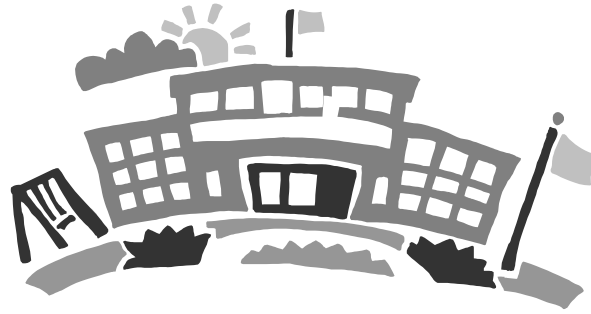
- Influenza (Gripe)**
- La vacuna COVID-19**

En lugar de ser vacunado, puede aceptarse una "Carta de Prueba de Inmunidad", siempre que se presente a la escuela un documento debidamente emitido y firmado por un proveedor de cuidados de la salud en donde este declare que el estudiante contrajo la enfermedad correspondiente previamente.

Para los niños cuyos padres reclaman una exención a la inmunización por razones médicas, religiosas o personales, la persona legalmente responsable debe completar un módulo de educación en línea sobre inmunización en immunize.utah.gov o presentarse a una consulta en persona en su departamento de salud local. Deberá presentar una copia del certificado a la escuela o al funcionario de cuidado infantil.

Para una exención médica de las vacunas requeridas, debe presentar a la escuela un formulario de exención de vacunación debidamente completado junto a una notificación por escrito firmada por un proveedor de salud debidamente licenciado.

Si tiene preguntas sobre el estado de inmunización de su hijo, comuníquese con el proveedor de salud de su hijo, con el departamento de salud local o por teléfono a la línea directa de inmunización por el número de teléfono 1-800-275-0659.



Immunization Requirements 7th Grade Entry 2023-2024

To attend 7th grade, a student *must have* written proof of receiving the following immunizations:

- ◆ **1 Tdap** (*Only Tdap vaccine given at age 10 years or older is acceptable for 7th grade school entry*)
- ◆ **2 Varicella (chickenpox)**
- ◆ **1 Meningococcal** (*Only Meningococcal Conjugate vaccine given at age 10 years or older is acceptable for 7th grade school entry*)
- ◆ **3 Hepatitis B**

This is in addition to the below immunizations that should have already been completed:

- ◆ **2 Measles, Mumps, Rubella (MMR)**
- ◆ **4 Polio**
- ◆ **2 Hepatitis A**
- ◆ **5 DTaP/DT**

Recommended for 11-12 year olds, but not required for school entry in Utah:

- ◆ **HPV**
- ◆ **Influenza**
- ◆ **COVID-19**

Proof of immunity to disease(s) can be accepted in place of vaccination only if a document from a health care provider stating the student previously contracted the disease is presented to the school.

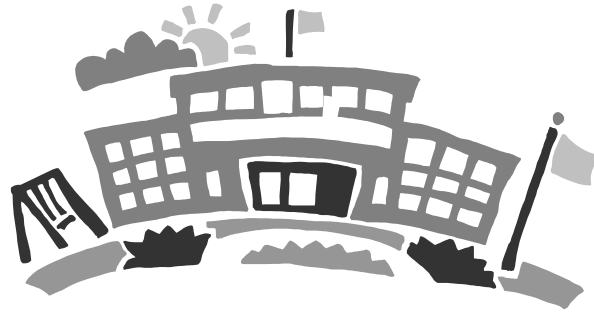
For children whose parents claim an exemption to immunization for medical, religious, or personal reasons, their legally responsible individual must complete an online immunization education module at immunize.utah.gov or in-person consultation at a local health department. A copy of the certificate must be presented to the school or child care official.

For a medical exemption from the required immunizations, a completed vaccination exemption form and a written notice signed by a licensed healthcare provider must be presented to the school.

For questions regarding your child's immunization status, contact your child's healthcare provider, your local health department, or the Immunization Hotline 1-800-275-0659.

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Requisitos de inmunización Para ingresar al 7º grado en 2023-2024

Para asistir al 7º grado, un estudiante *debe tener* prueba escrita de haber recibido las siguientes vacunas:

- ◆ **1 Tdap** (*Para ingresar 7º grado, solo se acepta la vacuna Tdap administrada a la edad de 10 años o más*)
- ◆ **2 Varicela.**
- ◆ **1 Meningococo** (*Para ingresar 7º grado, solo se acepta la vacuna meningocócica conjugada administrada a la edad de 10 años o más*)

- ◆ **3 Hepatitis B**

Esto se suma a las siguientes vacunas que ya deberían haberse completado:

- ◆ **2 Sarampión, paperas, rubéola (MMR)**
- ◆ **4 Poliomielitis**
- ◆ **2 Hepatitis A**
- ◆ **5 DTaP/DT (Difteria, tétano y tos ferina)**

Recomendado para niños de 11 a 12 años, pero no es obligatorio para ingresar a la escuela en Utah:

- ◆ **VPH**
- ◆ **Influenza**
- ◆ **COVID-19**

La prueba de inmunidad a la(s) enfermedad(es) puede ser aceptada en lugar de la vacunación siempre y cuando se presente a la escuela un documento de un proveedor de atención médica que indique que el estudiante contrajo previamente la enfermedad.

Para los niños cuyos padres reclaman una exención a la inmunización por razones médicas, religiosas o personales, su persona legalmente responsable debe completar un módulo de educación de inmunización en línea, en immunize.utah.gov o en persona en un departamento de salud local. Se debe presentar una copia del certificado al funcionario de la escuela o de cuidado infantil.

Para una exención médica de las vacunas requeridas, se debe presentar a la escuela un formulario de exención de vacunación completo y una notificación escrita y firmado por un proveedor de atención médica con licencia.

Si tiene preguntas sobre el estado de vacunación de su hijo, comuníquese con el proveedor de atención médica de su hijo, con su departamento de salud local o con la línea directa de inmunización al 1-800-275-0659.

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