

# NCWVCAA Health Newsletter

NCWVCAA Head Start/ Early Head Start 8/1/2017

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## August 2017

August is the start of a new school year for most students! It is very important for students to get enough rest, a good nutrition, and have regular doctor visits to have the happiest and healthiest school year. Check out the resources below that includes information of immunizations, healthy school tips, and hand washing.



**National Immunization Awareness Month**  
August 2017

**1.5 million** more deaths could be prevented with increased global vaccination coverage<sup>1</sup>

Vaccines prevent **2-3 million** deaths per year<sup>1</sup>

Global measles mortality has declined by **79%** since 2000<sup>1</sup>

An estimated **19.5 million** infants worldwide are still missing out on basic vaccines.<sup>1</sup>

<sup>1</sup> World Health Organization (WHO). "10 facts on immunization." Last modified July 2017. <http://www.who.int/features/factfiles/immunization/en/>

The infographic features a circular inset image of a pregnant woman in a blue shirt, with a faint background image of a person receiving a vaccine.

### August: A great time to get vaccinated

Vaccines protect you all year round, but August is a great time to get vaccinated.

In August, as summer winds down, it's a good time for you and your family to make plans to get the flu vaccine. The vaccine usually becomes available in mid- to late-August. Getting the vaccine early can help prevent you and your family members from getting the flu throughout all of flu season. You can learn more about the flu and flu vaccine at [Flu.gov](http://Flu.gov).

## Back-to-School Health Tips

**1) Get enough sleep:** According to [kidshealth.org](http://kidshealth.org), Preschoolers need about 11 to 12 hours of sleep each day, which can include a nap.

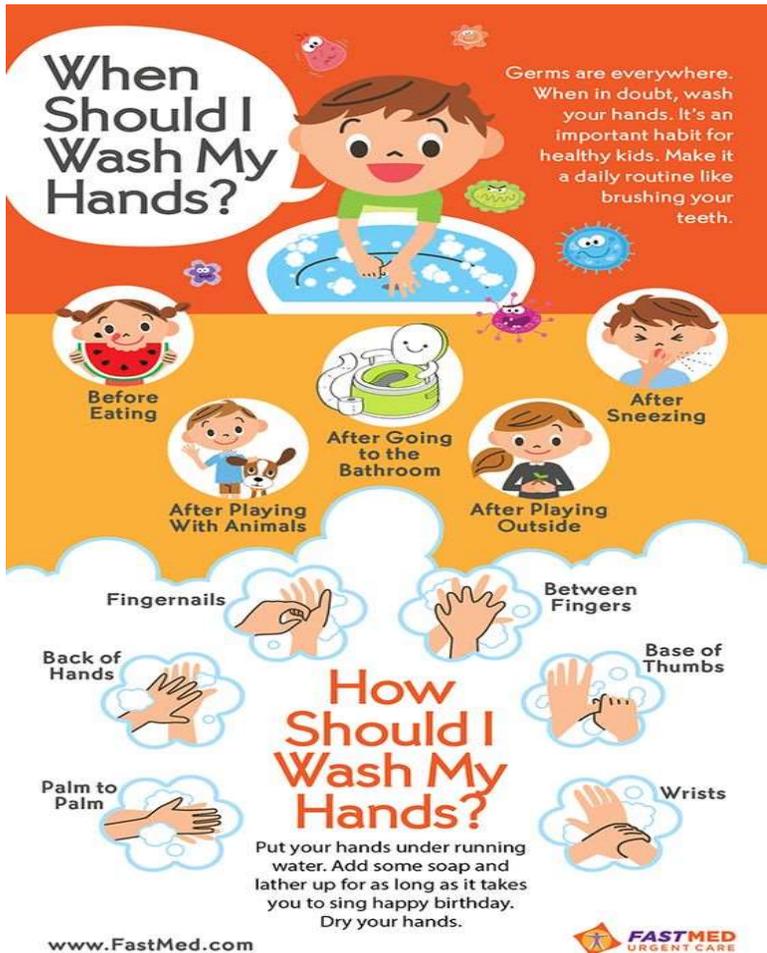
**2) Hearing and Vision Screenings:** Children need to be able to hear and see properly to learn. Have your pediatrician screen for vision and hearing problems during your child's back-to-school checkup.

**3) Well Balanced Diet** that starts with a healthy breakfast

**4) Frequent Hand Washing**  
Germs are prosperous in the school setting, so hand washing is essential to prevent the spread of illness.

**5) Up-to-Date Well Child Exams, Dental Exams, and Immunizations** If your child is up-to-date on dental and medical care, they will be less likely to have health and dental illnesses that will interfere with their schooling.

**6) Establish a routine.**  
Consistency is key.



When taking yourself and your family for your flu shots, you can also ask your health care provider about other routinely recommended vaccines you might need. For example, you should make sure that the whole family is up-to-date on their DTap/Tdap and MMR boosters, each of which protects against several serious diseases:

- DTap or Tdap: tetanus, diphtheria and pertussis (whooping cough)
- MMR or MMRV: measles, mumps, rubella, and varicella (chickenpox)

Finally, HPV vaccines help prevent girls and boys from getting cancers later in life that are caused by HPV. If you have questions about the HPV vaccine, read our FAQ, and ask your healthcare provider for more information.

There are many routinely recommended vaccines for people of all ages. These are some examples of vaccines you can discuss with your healthcare provider. Make sure that you and your family are up-to-date on

all recommended vaccines.

### Vaccines: Our best defense

Vaccines are the best defense we have against these and other serious diseases, and it's important to make sure that you're up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current. Talk with your healthcare provider about what vaccines you and your family need, and keep putting your healthiest foot forward!

Source: [https://www.vaccines.gov/more\\_info/features/national\\_immunization\\_awareness\\_month\\_2014.html](https://www.vaccines.gov/more_info/features/national_immunization_awareness_month_2014.html)

Feel free to contact me, Tiffany Pigott, LPN, NCWVCAA Health Program Specialist, with any health related questions or questions regarding NCWVCAA health policies. Suggestions for future health newsletters can also be sent to me at the below contact information.

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