

# Vaccinations



**Vaccines work with your child's immune system to prevent serious diseases. It is important for children to stay up-to-date on routine vaccinations.**

## **STUDENTS IN GRADES TK/K-12 ARE REQUIRED TO SHOW PROOF OF THE FOLLOWING VACCINES:**



- Diphtheria, Tetanus, and Pertussis (DTaP, DTP, Tdap, or Td) — 5 doses
- Polio (OPV or IPV) — 4 doses
- Hepatitis B — 3 doses
- Measles, Mumps, and Rubella (MMR) — 2 doses
- Varicella (Chickenpox) — 2 doses



## **STUDENTS ADVANCING TO 7TH GRADE NEED RECORDS OF:**

- Tetanus, Diphtheria, Pertussis (Tdap) — 1 dose
- Varicella (Chickenpox) — 2 doses

## **SAVE YOUR CHILD'S VACCINATION RECORDS:**



- Schools, summer camps, athletic teams, college, international travel, and more may require vaccination records.
- Some people keep their child's records with other important documents, like birth certificates and passports.

**Bring your child's vaccine record to each doctor visit and ask the doctor or nurse to write down the vaccine, date, and dosage. You can request your child's records from their doctor.**

# Handwashing



**Washing hands can keep students and families healthy. This action helps to prevent the spread of respiratory and gastrointestinal infections.**

## HOW STUDENTS AND FAMILIES SHOULD WASH THEIR HANDS:



- **Wet hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather hands** by rubbing together with the soap. Lather the backs of hands, between fingers, and under nails.
- **Scrub hands** for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse hands** well under clean, running water.
- **Dry hands** using a clean towel or an air dryer.



## WHEN STUDENTS AND FAMILIES SHOULD WASH THEIR HANDS:



- After bathroom breaks,
- Before lunch,
- After playing outside, and
- After blowing their nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol to avoid getting sick and spreading germs to others.

# Respiratory Etiquette



**Practicing and reinforcing respiratory etiquette can help keep students and families from getting and spreading respiratory viruses.**

## TO PRACTICE PROPER RESPIRATORY ETIQUETTE, STUDENTS AND FAMILIES SHOULD:



- **Cover their mouth and nose with a tissue** when they cough or sneeze.
- If tissues are not available, they should **cough or sneeze into their elbow**, not their hands.
- **Throw away used tissues** in the trash.
- **Turn or walk away** to cough or sneeze.
- **Wash their hands, or use hand sanitizer**, after blowing their nose, coughing, or sneezing.



## ADDITIONALLY, STUDENTS AND FAMILIES CAN:



- **Wear a mask** to reduce the spread of respiratory germs.
- **Take steps for cleaner air** in their homes.
  - Open windows,
  - Use portable air cleaners, and
  - Hold big gatherings outdoors.



**Cover coughs and sneezes and keep your hands clean to help prevent the spread of respiratory illnesses.**



# Staying Home When Sick

**Staying home when sick can lower the risk of spreading infections between students and families.**

## STUDENTS SHOULD STAY HOME FROM SCHOOL IF THEY HAVE THE FOLLOWING SYMPTOMS:



- **Fever**, including a fever with a new rash.
- **Vomiting** more than twice in the next 24 hours.
- **Diarrhea** that causes 'accidents', is bloody, or results in greater than two bowel movements above what the child normally experiences in a 24-hour period.
- **Skin sores** that are draining fluid on an uncovered part of the body and are unable to be covered with a bandage.
- **Respiratory virus symptoms** that are worsening or not improving.

## STUDENTS CAN RETURN TO SCHOOL WHEN:



- **Fever free** (and not using fever-reducing medicine) for at least 24 hours.
- **Fever with a new rash has been looked at by a healthcare provider** and fever has resolved.
- **Uncovered skin sores are crusting, and they are under treatment** from a provider.
- **Vomiting has resolved** overnight and they can hold down food and liquids in the morning.
- **Diarrhea has improved**, they are no longer having accidents or are having bowel movements no more than 2 above normal per 24-hour period for the child.
- **Respiratory virus symptoms are getting better** for at least 24 hours.



LIVE WELL  
SAN DIEGO



# Safe Handling of Pets and Animals

**Pets and animals can carry harmful germs that can make us sick. Knowing how to safely handle pets and animals can prevent the spread of zoonotic diseases.**

## HOW STUDENTS AND FAMILIES SHOULD PROPERLY HANDLE PETS AND ANIMALS:



- **Always wash their hands** after handling or being around animals or their waste, food, or supplies.
- **Keep pets and their supplies out of the kitchen** or other areas where you prepare, serve, or eat food.
- **Clean up** after animals properly.
- **Avoid rough play** with animals to prevent bites and scratches.
- **Enjoy wildlife from a safe distance** to avoid illness and injury.

## CLEAN BITES AND SCRATCHES IMMEDIATELY WITH SOAP AND WATER, AND SEEK MEDICAL CARE IF:



- The wound is serious or becomes red, painful, warm, or swollen;
- The animal appears sick; or
- If you do not know the vaccination status of the animal.

Parents should always supervise their children around pets and animals. Children should not kiss their pets, hold pets close to their faces, or let pets lick their face or mouth.

# Safely Visit Oceans, Lakes, and Rivers

Water from natural bodies of water like oceans, lakes, or rivers, can have germs that make us sick.

## HOW STUDENTS AND FAMILIES CAN PRACTICE SAFETY WHEN VISITING OCEANS, LAKES, AND RIVERS:

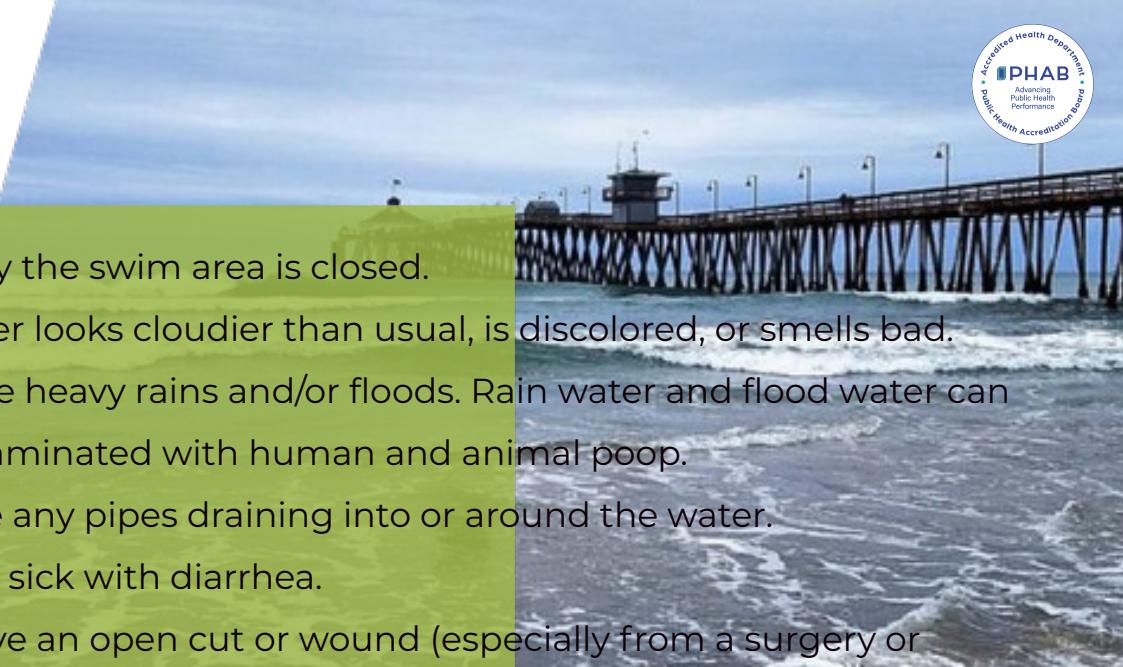
- Encourage students not to:
  - Swallow the water,
  - Put sand in their mouths, or
  - Poop in the water.



## STUDENTS AND FAMILIES SHOULD NOT GO IN THE WATER IF:



- Signs say the swim area is closed.
- The water looks cloudier than usual, is discolored, or smells bad.
- There are heavy rains and/or floods. Rain water and flood water can be contaminated with human and animal poop.
- They see any pipes draining into or around the water.
- They are sick with diarrhea.
- They have an open cut or wound (especially from a surgery or piercing).



**Parents should check online to find out if the swim area is currently monitored, is under advisory, or has been closed for health or safety reasons.**