

## School Health Services

### Have a Healthy Summer!



#### Summer Sun

Here are some tips for managing the summer sun:

- UV Rays are strongest in the middle of the day. Plan indoor activities at that time or look for shade to prevent sunburn.
- Cover the skin with a shirt AND sunscreen to avoid sunburn!
- Wear a hat – preferably one that covers the neck and ears. When wearing a baseball style hat, remember to apply sunscreen to the neck and ears.
- Sunglasses protect eyes from UV rays. Look for sunglasses that wrap around and block nearly 100% of UV rays.
- Use sunscreen! Use a sunscreen with at least a SPF of 15 and UVA/UVB protection.
- This information and more is available at:  
[http://www.cdc.gov/cancer/skin/basic\\_info/children.htm](http://www.cdc.gov/cancer/skin/basic_info/children.htm)

#### Head Lice Alert



Head lice reach a peak time for infestation during the summer because of overnight camps, slumber parties and vacations.

Consider checking your child's head for the presence of lice regularly during the summer and several times the week before school reopens. Information about identifying lice can be found at:  
<http://www.cdc.gov/parasites/lice/head/diagnosis.html>

Please contact your school's Health Office for more information at 908-753-5300 ext. 5503.

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School Nurse

#### Vaccine Information

Summer is a good time to be sure that your student's immunizations are up to date!

Students entering Kindergarten – Grade 8 in New Jersey require the following vaccinations:



|                    |  |
|--------------------|--|
| DTaP               | 4 doses (one dose given on or after the 4 <sup>th</sup> birthday or any 5 doses) |
| Polio (IPV or OPV) | 3 doses (one dose given on or after the 4 <sup>th</sup> birthday or any 4 doses) |
| MMR                | 2 doses of measles, 1 dose mumps, rubella  |
| Hepatitis B        | 3 doses  |
| Varicella          | 1 dose if born on or after 1 <sup>st</sup> birthday                              |
| Tdap               | 1 dose if born on or after 1/1/97 and entering 6 <sup>th</sup> grade             |
| Meningococcal      | 1 dose if born on or after 1/1/97 and entering 6 <sup>th</sup> grade             |

#### Foreign Travel

Many students travel overseas during the summer. Good hand washing is very important when traveling abroad.

It is also important to take care when eating out to be sure that foods are properly cooked and drinking water is appropriate for consumption to avoid food borne illnesses.

