

Dear Parents of Incoming 7th Graders:

Is your child ready for 7th grade?

While it may seem impossible to protect our children from all dangers, one thing parents can do is protect their children from some serious diseases by getting them immunized. We'd like to encourage your child to do one more thing before starting 7th grade – **Get immunized against vaccine-preventable diseases!**

Make sure your incoming 7th grader is up-to-date on all his/her immunizations:

Recommended Vaccines	What this means for YOUR child
Tdap (tetanus, diphtheria, whooping cough)	All students going into 7 th grade must have proof of having had the Tdap booster shot unless they have a documented exemption. Tdap is a tetanus booster that also protects against whooping cough – a disease than can lead to really bad coughing for weeks. It's especially dangerous for babies at home or in your community. For teens and adults, it may even break their ribs from coughing too hard!
Meningococcal	Meningococcal disease is spread by kissing, sharing drinks, or having close contact with others. This disease can be deadly and could cause your child to lose an arm, leg, his/her hearing or cause brain damage. The shot can protect them from several types of this serious infection. This immunization is recommended at ages 11 or 12 years and again at age 16.
Flu	The annual flu vaccine is the best way to reduce the chances of getting flu and spreading it to others. Flu can send even healthy kids to the hospital; some even die from flu. While everyone over 6 months of age should get vaccinated, it's especially important for those with chronic health conditions such as asthma, diabetes, and heart disease.
Human Papillomavirus (HPV)	Did you know that more than half of all men and women will get infected with HPV at some point in their life? The HPV 3-shot series can protect your son or daughter from the most common types of HPV known to cause throat and mouth, vaginal, vulvar, cervical, anal, and penile cancers later in life.
Chickenpox (Varicella)	If your child has never had chickenpox, make sure he/she received 2 doses of this vaccine. Some preteens have only received one.

Vaccines are safe and effective. The most common side-effect is soreness at the injection site. If you don't have health insurance, check with your local health department about how to receive free or low-cost vaccines. You can look up the number of your local health department at <http://bit.do/immunization>. For more information on shots required for school, visit ShotsForSchool.org.

Sincerely,

Kelly McCabe, Principal