



NOTES FROM THE Nurse

February/March 2021

Tri-Village Local School District Health Clinic

Prepared by Mrs. Fritz

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ATTENTION ALL CURRENT 6TH AND 11TH GRADE STUDENTS:



REQUIRED SCHOOL IMMUNIZATIONS:

Ohio Law Requires that All 7th and 12 grade students receive Vaccinations prior to the first day of the 2021-22 school year.

FOR 2021-22 SEVENTH GRADE STUDENTS: **TDAP & Meningococcal (Menveo)**

FOR 2021-22 SENIORS: **Meningococcal (Menveo)**

The Darke County Health Department will be hosting a FREE immunization clinic for current 6th and 11th grade students to receive their required school vaccinations.



The FREE Tdap/Menveo immunization clinic is scheduled for Saturday, **March 20th** from 8am to 1pm. This will be held at Darke County Board of DD on Jaysville St John's Rd – Greenville.

*This is the only time the health department will offer these shots for free. *More information to come...*

Immunization exemption forms are available in the clinic if you have a medical, religious, or philosophical reason to be exempt from the vaccines. Please contact me at jodi_fritz@tri-village.k12.oh.us or (937)996-1511 ext 1203 for more information.

The Meningococcal/ Menveo Vaccine:

Meningococcal ACWY vaccine can help protect against meningococcal disease caused by serogroups A, C, W, and Y. A different meningococcal vaccine is available that can help protect against serogroup B.

Meningococcal disease can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts.

Adolescents need 2 doses of a meningococcal ACWY vaccine:

- First dose: 11 or 12 year of age (meets 7th grade requirement)
- Second (booster) dose: 16 years of age (meets the 12th grade requirement when given on or after age 16)

The Tdap Vaccine:

Tdap vaccine can prevent tetanus, diphtheria, and pertussis.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- TETANUS (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- DIPHTHERIA (D) can lead to difficulty breathing, heart failure, paralysis, or death.
- PERTUSSIS (aP), also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

Adolescents should receive a single dose of Tdap at age 11 or 12 years.



COVID-19 UPDATES

PLEASE CONTINUE TO CHECK THE SCHOOL WEBSITE FOR COVID-19 UPDATES.

[HTTPS://WWW.TRI-VILLAGE.K12.OH.US/](https://www.tri-village.k12.oh.us/)

FEBRUARY is...

heart health month

The Top 3 Tips For Preventing Heart Disease in Children



1. Start Early

Parents need to start heart disease prevention, especially for the prevention of the serious risk factor of obesity, early when your child is 3-5 years old. Ensure the child has heart healthy eating habits and exercise is part of child's daily routine.



2. Provide Good Nutrition

Parents need to introduce daily healthy food and snack options to their children early including colorful fruits, vegetables, and water. Avoid giving children access to food with excessive fat, sugar, and salt. Also, limit soft drinks and fast food consumption. Eating and preparing dinner together with your children can instill and ensure good eating habits for the entire family.

3. Increase Physical Activity

Make sure to play with your child to encourage their physical activity. Encourage daily aerobic activities such as walking, bicycling, skating, and swimming. Also, limit the child's television watching and playing on the computer.



The information for this infographic has been provided by:
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Visit www.mountsinai.org for more information.

DENTAL HEALTH

Dental Health is important to heart health.

Family Health Dental has provided virtual dental health education and toothbrush kits for our students in grades kindergarten through 4th.

Kits will begin going home with students in March.

Thank you
Family Health
Dental!



