

## SEPTEMBER 2011 – Public Health Update

**Medical conditions:** If your child has a serious allergy or medical condition such as diabetes, epilepsy, severe asthma, blood-clotting disorders, or serious heart conditions it is important to complete the necessary forms at the school.



If your child has a life threatening allergy, inform the school, and have your doctor fill out the **Anaphylactic Student Emergency Procedure Plan** form (available at each school office).

Persons diagnosed with a life threatening allergy are advised to carry an epinephrine auto-injector at all times and wear medical identification, such as a MedicAlert® bracelet ([www.medicalert.ca](http://www.medicalert.ca))

### Websites:

[www.epipen.ca](http://www.epipen.ca) Epipen has a free reminder service to help parents keep track of the expiry date  
[www.anaphylaxis.org](http://www.anaphylaxis.org) Anaphylaxis Canada  
[www.allergysafecommunities.ca](http://www.allergysafecommunities.ca) Canadian Society of Allergy and Clinical Immunology

### Immunization:

The following vaccines will be offered to grade 6 students this year:

- Hepatitis B
- Meningococcal C
- Chicken Pox
- HPV (girls only)



Personalized consent forms will be coming home with your child. Please review their immunization records and provide consent if you would like them to be immunized at school. If you do not want your child immunized at school please fill out and return the consent form indicating your preferences.

### Kindergarten booster:

It is recommended that children between the ages of 4-6 receive a booster vaccine against Diphtheria, Pertussis, Tetanus, and Polio. Please call 604-983-6700, or call your family doctor for an appointment. If you are new to Canada or BC it might be helpful to visit [www.immunizebc.ca](http://www.immunizebc.ca) to ensure that your child is fully protected from all vaccine-preventable diseases.

### STAYING HEALTHY WHILE AT SCHOOL

#### Teach your child:

- ✱ That hand washing is the most effective way to prevent the spread of germs
- ✱ To use soap and water for 20- 30 seconds
- ✱ To cover their **nose and mouth** with a tissue when they cough or sneeze, and throw the tissue in the trash after they use it; *Or* sneeze or cough into a sleeve or an arm
- ✱ To avoid **touching their eyes, nose and mouth** as germs spread that way
- ✱ To avoid close contact with people who are sick

#### Keep your Child home if they are sick:

- ✱ The illness can spread to other children, their families and school staff
- ✱ Recovery can be delayed without adequate rest
- ✱ The school is unable to care for a child when he/she is sick

### RESOURCES FOR FAMILIES

For non-emergency health information call **811** to speak with a:

- Nurse
- Dietician
- Pharmacist



[www.bchealthguide.org/healthfiles](http://www.bchealthguide.org/healthfiles)

North Shore listing of resources and programs for children and families: [www.ConnectforKids.ca](http://www.ConnectforKids.ca)

**For more Information please contact the On-call Nurse line for Child & Youth at 604-983-6714.**