

Keep our students and classrooms healthy!

Dear Parents or Guardians,

Whooping cough (also known as pertussis) is a bacterial infection that can easily spread causing severe coughing fits and missed days of school.

To help protect your children and others from whooping cough, a California law now requires students to be vaccinated against whooping cough.

For the 2012-13 school year and for all future school years, all incoming 7th grade students will need proof of a whooping cough booster shot before starting school.

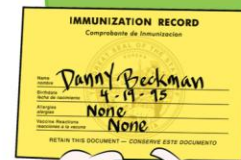
If your child 10 years of age and older has not been vaccinated against whooping cough, we strongly recommend getting your child vaccinated. Getting Tdap (the tetanus, diphtheria, pertussis shot) now will not only help protect your child against the ongoing threat of whooping cough but will also meet the school entry requirement.

Ask your pediatrician about other shots your child may need including:

- a meningitis shot.
- the human papillomavirus (HPV) 3-shot series
- an annual flu vaccine; and
- a second chickenpox shot

Remember to bring your child's yellow immunization record or ask for a new one if you don't have it.

For more information, visit www.ShotsforSchool.org and www.GetImmunizedCA.org.



Help Your Preteen Relax During Shots

Encourage your preteen to:

- Bring along his/her favorite music
- Remember to breathe—take slow, deep breaths
- Stay seated if he/she feels dizzy or anxious
- Make eye contact with you or focus on something in the room, like a poster
- Close his/her eyes and think of a favorite place or activity
- Think about where to go after the appointment for a reward