

New requirements for the 2009-2010 school years

The City Health Department in conjunction with your local School Districts is committed, just like you, to make sure that each child is protected from vaccine preventable diseases.

In 2005, the CDC¹ added two vaccines to the list of shots recommended for adolescents²:



Meningococcal vaccine (MCV4): can prevent meningococcal disease, a bacterial infection that attacks the fluid around the brain and spine. About 2,000-3,000 Americans get this disease each year: most of them are 2 to 18 years old. About **300 (10-15%) of these people die, usually within a few days.** Of those who survive, nearly one in five **lose their arms or legs, become deaf, become mentally retarded, or suffer seizures or strokes.** The CDC recommends that 11-12 year olds and high school freshmen receive the “MCV4” shot when they get their routine health physical. Adolescents of any age who want to avoid this disease can get this shot from their healthcare provider. (Most adolescents need just one shot.)

Photo courtesy of the American Academy of Pediatrics [permission pending]



Pertussis vaccine (in Tdap): can prevent pertussis, also known as whooping cough. Pertussis, a highly contagious (easily spread) disease of the lungs, can cause severe coughing, choking, and vomiting. In 2004, 20,000 cases were reported in the U.S., the highest number reported in over 40 years. Nearly **40% of the cases in 2004 were among adolescents 10 to 19 years old.** Adolescents with the disease suffer, miss school, and can pass it to babies, who can die. Until recently, the “Td” booster shot recommended every 10 years only protected against tetanus and diphtheria. Now there is a new safer vaccine for pertussis. The U.S. Centers for Disease Control and Prevention (CDC) now recommends that adolescents receive the Tdap—instead of the Td—shot, which protects them from pertussis as well as tetanus and diphtheria.

Photo courtesy of the World Health Organization

“What shots are required for 2009-2010 school years?”

- **Hepatitis A**, 2 doses in a lifetime, for most people, 2 doses required for kindergarten entry
- **Hepatitis B**, 3 doses in a lifetime, for most people
- **Tdap**, a booster dose requirement for 7th grade entry
- **MMR**, (Measles, Mumps, and Rubella), 2 doses required for kindergarten entry
- **Meningococcal**, 1 dose for 7th grade requirement
- **Varicella** (chickenpox), 2 doses requirement for kindergarten and 7th grade entry

“What about parents, teachers and other adults? Do we need shots?”

- Yes! Depending on your age, past and current health conditions, and when you’ve had certain shots, you might need hepatitis A, hepatitis B, influenza, MMR (measles, mumps, rubella), meningococcal, pneumococcal, Tdap (tetanus, diphtheria, pertussis), and/or varicella. Speak with your healthcare provider. Also, check out CDC’s confidential questionnaire “What vaccines do YOU need?” at www.cdc.gov/nip/VaccineQuiz.htm

We encourage you to speak to your child’s physician about vaccinations. For further information on vaccine requirements for school entry, and adult vaccines recommendations contact the City Health Department Immunization division at 956-795-4906.

¹ Centers for Disease Control and Prevention, a U.S. agency charged with protecting our nation’s health

² Adolescents are defined as youth, roughly between the ages of about 10 to 20 years of age.