



HEALTH INFORMATION GUARDIAN GUIDE



IMMUNIZATION INFORMATION (PK-12) PROOF OF IMMUNIZATION: WHAT IS REQUIRED?

Please provide ONE (1) of the following to your child's school nurse:

- Certificate of Immunization Status (verifies your student is current on all required vaccinations) OR
- A Certificate of Exemption signed by your licensed healthcare provider

Personal & philosophical exemptions are not accepted for the MMR vaccine in Washington.

More information: <https://news/immunization>

Questions? Please contact your school's health room.

Free Immunization Clinics in August & September!

<https://news/immunizationclinics>

HUMAN DEVELOPMENT & HIV/AIDS PARENT EDUCATION NIGHT 5TH TO 12TH GRADE

Held every year in the fall! <https://news/calendar>

MENINGOCOCCAL DISEASE

What is meningococcal disease?

A serious bacterial infection. Common symptoms include fever, cough, headache, and rash. It can cause meningitis (swelling in the brain area). It spreads through close contact with an infected person. Teens & young adults are more likely to get meningococcal disease because of close contact.

How can I protect my child from meningococcal disease?

The meningococcal vaccine, or MCV4. Recommended for all 11 to 12 year olds, and again at 16 to 18.

Where can I find the MCV4 vaccine?

Your doctor, nurse, or local health department. More information: Washington Department of Health Info: <https://www.doh.wa.gov/Information-Resources/Programs&Services/Immunization/Immunization-Records/Immunization-Records-FAQ> and Centers for Disease Control & Prevention Info: <https://www.cdc.gov/vaccines/imz/faq.htm>

HUMAN PAPILLOMAVIRUS (HPV)

What is HPV?

HPV is a virus. For most, it causes no issues, but for some, HPV causes health problems including several types of cancer. Most infected people have no symptoms and may spread the virus without knowing it, mainly through sexual contact.

How can I protect my child from HPV?

The HPV vaccine is highly effective if received before sexual activity starts. The vaccine can prevent infection from types of HPV that cause cancer and genital warts, but does not get rid of existing HPV infections.

Who should get the vaccine and when should they get it?

Three doses of HPV vaccine are recommended for ages 11-12. It is recommended for females up to age 26 and for men up to age 21.

Where can I find the HPV vaccine?

Ask your doctor, nurse, or local health department about the vaccine and where you can get it. More information: Centers for Disease Control & Prevention Info: <https://www.cdc.gov/vaccines/imz/faq.htm>