




Health Services Newsletter


August 2020



Immunization's

 The State of Texas requires an up-to-date immunization (shot) record or fully notarized Exemptions for Reasons of Conscience prior to the start of school. [Click Here](#) to get an exemption form (good for two years). Please be aware that COVID-19 has delayed the state's processing time. Please leave enough time to get the form and get it notarized. Your student may not be able to start school until the form is in the clinic office.

 In general, vaccines are needed for pre-K, kindergarten, and 7th grade. High school seniors may also need a booster shot for the meningococcal vaccine.

 If your student needs shots, please bring the vaccine record (which parents may get from Skyward) to one of these outreach clinics:

Care Van August 11 – Grand Prairie [Family Service Center](https://carevan.org/event/grand-prairie-isd/) <https://carevan.org/event/grand-prairie-isd/>

[Dallas County Health Department](https://www.dallascounty.org/departments/dchhs/) (multiple site) <https://www.dallascounty.org/departments/dchhs/>

[Immunization Action Collaboration of Tarrant County](#) (multiple sites and times from July 20-September 11)

If you have insurance, you may also get vaccines at your local grocery store, Walgreens, or CVS pharmacy.



Screening Info

Compliance with Texas Health and Safety Code requirements for vision, hearing, and spinal screenings are required for the 2020-2021 school year.

Schools should follow these guidelines for students to obtain [vision](#), [hearing](#) and [spinal](#) screenings that are receiving in person **or** online instructions.

- Parents will be notified in advance that screenings will be conducted on designated dates.
- Parents will bring student receiving online instructions to the school so screenings may be performed in accordance with the statutes.
- In lieu of the screening(s) provided by the school:
 1. parents or guardians may provide screening record signed by a licensed professional
 2. parents or guardians may provide signed statement that the vision, hearing or spinal screening conflicts with the tenets and practices of a church or religious denomination of which the affiant is an adherent or member



7 Tips to help your child wear a face mask

The [Centers for Disease Control and Prevention \(CDC\)](#) recommends that everyone 2 years and older wear a cloth face covering, with the exception of anyone who has trouble breathing or is unable to remove their mask without assistance. Children under the age of 2 should not wear a mask because of risk of suffocation. Parents can help children adjust to wearing a cloth face covering over their nose and mouth by taking the following steps:

- 1. Explain to your child why face masks are important:** For younger children, stick to simple, concrete terms. "You can say things like, 'Wearing a mask helps keep us safe and keep others around us safe,' or 'Wearing a mask can help protect us and others from germs,'"
- 2. Normalize face masks through play:** Give your child a mask for their favorite stuffed animal, sew a matching mask for a doll or draw masks on characters in coloring books. Practice putting the mask on their toy and consider having your child practice wearing the mask with the toy to normalize the situation.
- 3. Provide fun and colorful mask options:** Look for cloth masks that feature your child's favorite color or character. You can even have your child help choose a design, so they feel a part of the process.
- 4. Ensure your child's mask fits correctly and comfortably:** A cloth face covering should fit over your child's nose and mouth and be secured under their chin. Avoid any gaps on the sides by adjusting the mask's fit so it is snug. Always check that your child can breathe easily when wearing the mask.
- 5. Enlist your child's help:** Giving children a job or responsibility can help them feel empowered and more in control of a situation. Designate your child as the family "mask monitor."
- 6. Practice wearing a mask:** Before bringing your child out in public in a mask, practice putting on the mask and wearing it for short periods around your home.
- 7. Model healthy behavior: Wear your own mask!:** One of the best ways to encourage your child to wear a face mask is to wear one yourself.

Please observe your family for any Covid 19 symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Altered taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*If symptoms occur, call your doctor or clinic.

* If you have more difficulty breathing, bluish lips/face, chest pains, or confusion **call 911**

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>