

## Healthy kids equals healthy minds

Written by  
Tuesday, 08 July 2014 05:57

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Did you know that vaccines help keep children and teens healthy? And staying well helps them stay in school! Healthy students are able to pay better attention and participate in class.

Make sure your kids are ready for child care or school. Starting September 1, 2014, there are new immunization requirements for school and child care.

### What are the new shot requirements?

- ☐ **Hepatitis B** - For all children over 2 months old enrolled or enrolling in child care or an early childhood program.
- ☐ **Hepatitis A** - For all children over 12 months old enrolled or enrolling in child care or an early childhood program
- ☐ **Tdap** – For students entering 7th grade. Students in 8th through 12th grades must show documentation if the school requests it. *This replaces the Td immunization requirement*
- ☐ **Meningitis (meningococcal)** – For students entering 7th grade. Students in 8th through 12th grades must show documentation if the school requests it.

### What do parents need to do?

- ☐ **Check** your child's immunization history. For copies of your child's immunization records, talk to your clinic or call the Minnesota Immunization Information Connection (MIIC) at 651-201-5503 or 1-800-657-3970.
- ☐ **Compare** your child's records to the new shot requirements. Have they had the Tdap and Meningococcal vaccines?
- ☐ **Schedule** an appointment if your child needs additional vaccines.
- ☐ **Keep** a copy of your child's records. You may be asked to provide proof of immunization before enrolling.

### What other vaccines can protect my children?

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There are other vaccines against serious diseases that are also recommended for your children and teens.

- Rotavirus vaccine for infants.
- Influenza vaccine for anyone age 6 months or older.
- Human papillomavirus (HPV) vaccine, which protects against HPV, a virus that can lead to certain types of cancer. The HPV vaccine is cancer prevention and the series of 3 shots should be started at 11-12 years.

### Concerned about cost?

Free or low cost vaccinations may be available. Talk to your doctor or clinic about whether your child is eligible.

Set your child up for a successful school year. Be sure they have received the required vaccines and talk to your doctor or clinic about what else you can do to keep them healthy and in school. For more information, including a chart showing which vaccinations your child should receive when and instructions on how to seek an exemption from the immunization requirements, please visit <http://www.health.state.mn.us/divs/idepc/immunize/readykidswhento.pdf>

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