



Did you know... With the school year soon approaching, it's important to acknowledge both National Immunization Awareness Month and Children's Eye Health and Safety Month.

Back to School!

Schools are highly prone to outbreaks of infectious diseases because students can easily transmit illnesses to one another as a result of poor hand washing, uncovered coughs and dense populations. Check out the immunization schedule for all recommended vaccines for ages 7 to 18 at the following by [clicking here](#).

And vaccines aren't just for kids! The list below outlines recommended adult immunizations and their frequencies. Follow your doctor's advice for these and other vaccines.

- **Influenza:** Yearly
- **Tdap:** 1 does (if not had in the past)
- **Td:** Every 10 years
- **HPV:** 3 doses up to age 26
- **Shingles:** Once at age 60+
- **Pneumococcal:**
 - PPV13—1 dose age 65+ (get this first)
 - PPSV23—1 dose age 65+ (get this at least 6 months to 1 year after PPV13)
- **MMR:** 1-2 doses if born in 1957 or later
- **Varicella:** 2 doses

Are you concerned about vaccines?

The U.S. supply of vaccines is extremely safe and effective. When reading something about vaccines, be sure the information comes from a credible source with data to prove the statements. Many false claims have been made about vaccines. Some of these false claims can be found on the Internet even after they've been proven wrong. If you have questions, ask your doctor or visit <https://ivaccinate.org> to get answers to many common concerns.

Children's Eye Health and Safety

In addition to immunization awareness, August is dedicated to preventing eye injuries and vision loss and saving children's eyesight. The major objectives of Children's Eye Health and Safety Awareness Month are to:

- Share knowledge with parents on how to help their child(ren) maintain healthy vision.
- Help identify early signs of vision problems in children.
- Raise awareness about preventing eye injuries in addition to eye diseases and conditions.
- Teach parents to help their child correct their vision and recover from vision loss.

With screen time increasing in the classroom, it's important to know just how much screen time is too much. Eyestrain usually isn't serious and goes away once you rest your eyes or take steps to reduce discomfort. Things that parents can do to help include:

- Remind children to rest their eyes every 20 minutes.
- Remind them to blink.
- Reduce glare on the screen.
- Adjust the brightness and contrast settings to a comfortable level.
- Encourage good posture with screens at least 18"-24" away from the eyes.

Sources:

- healthylearn.com/connerstrong/immunization-schedule.html
- healthylearn.com/connerstrong/hn/national-immunization-awareness-month.html
- healthylearn.com/connerstrong/hn/immunize-your-child.html
- vrcberks.org/august-is-childrens-eye-health-month/