

# Keep our students and classrooms healthy!

## Dear Parents or Guardians,

Whooping cough (also known as pertussis) has been widespread in California during 2010.

To help protect your children and others from whooping cough, a new California law now requires students to be vaccinated against whooping cough starting July 1, 2011.

**For the 2011-12 school year only, all students entering 7<sup>th</sup> - 12<sup>th</sup> grade will need proof of a whooping cough booster shot before starting school.** It's recommended that children receive the whooping cough booster shot (Tdap) at 10 years of age and older. Neither the Td (tetanus, diphtheria) vaccine nor the whooping cough shots of DTaP your child might have received before kindergarten will meet this requirement.

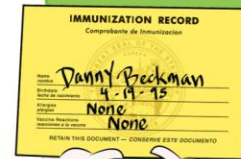
Thereafter, in future school years, proof of a whooping cough booster shot will only be required for **students entering 7<sup>th</sup> grade.**

If your child 10 years of age and older has not been vaccinated against whooping cough, we strongly recommend getting your child vaccinated. Getting 'Tdap' now will not only help protect your child against the ongoing threat of whooping cough but will also meet the new school requirement.

Ask your pediatrician about other shots your child may need including an annual flu shot, a second chickenpox shot, the HPV 3-shot series, and a meningitis shot.

Remember to bring your child's yellow immunization record or ask for a new one if you don't have it.

If your child does not have health insurance or their plan won't cover the cost of vaccines, call your local health department at [530-993-6700](tel:530-993-6700) and ask about getting free or low cost vaccines.



## Help Your Preteen Relax During Shots

### Encourage your preteen to:

- Bring along his/her favorite music
- Remember to breathe—take slow, deep breaths
- Stay seated if he/she feels dizzy or anxious
- Make eye contact with you or focus on something in the room, like a poster
- Close his/her eyes and think of a favorite place or activity
- Think about where to go after the appointment for a reward