

Shots for Tots News

July 2013, Issue IV



The Cleveland County Immunization Coalition (CCIC) is a local organization with a mission to promote immunizations and reduce vaccine preventable diseases. The CCIC partners with local healthcare providers, childcare providers, schools, health departments, and community services to increase immunization rates and educate professionals and the community on the safety and importance of vaccines.

Heat Safety Tips for Childcare

The extreme triple-digit temperatures in Oklahoma mean that adults should be even more cautious than usual when it comes to hydration needs for students, as well a range of other concerns such as hot playground equipment that could cause burns. The Oklahoma State Department of Health offers the following guidelines to be aware of heat related illnesses and other safety concerns:

Steps to Take:

- Ensure children are well hydrated and have access to cool and shady areas to cool off.
- Provide access to plenty of cool water as the liquid of choice.
- Encourage students to drink water, even when not thirsty.
- Encourage students to wear loose-fitting, lightweight, light-colored summer clothing.
- Avoid utilizing playground equipment that may become very hot in extreme temperatures.
- Move outdoor activities indoors when feasible to a cooler area.



Recognition of Heat Illness:

- Encourage students to tell teachers if they feel ill.
- Be aware of these heat stress symptoms:
 - Muscle spasms and cramps
 - Skin is flushed, or cool and pale
 - Headaches, dizziness and nausea
 - Rapid pulse rate
 - Shallow breathing
 - Elevated body temperature (in cases of heat stroke, body temperature can be very high, sometimes as high as 105 degrees F)
 - Sweating has stopped
 - Loss of consciousness

Treatment of Heat-related Illness:

- Move the person to a cooler place to rest in a comfortable position
- Replenish fluids - Give person small amounts (4 oz.- 5 oz.) of water every 15 minutes
- Make sure the person drinks slowly
- Loosen tight clothing
- Apply wet cloths or immerse in a cool bath
- Immediately call 911 if the person loses consciousness



From: http://www.ok.gov/health/Heat_Precautions.html

Guide to Immunization Requirements in Oklahoma - 2013-14 School Year

July is in full swing and the end of summer will be here before we know it! With the new school year brings new requirements and updated shot records! Here is a list below of the school shots required in Oklahoma:

	CHILDCARE	PRE SCHOOL/PRE-K	KINDERGARTEN- 6 th GRADE
Vaccines	Please read the bullets below for essential information		
DTaP (diphtheria, tetanus, pertussis)	4 DTaP	4 DTaP	5 DTP/DTaP*
PCV (pneumococcal conjugate vaccine)	1-4 PCV**	Not required for school	
IPV/OPV (inactivated polio/oral polio)	3 IPV/OPV	3 IPV/OPV	4 IPV/OPV***
MMR (measles, mumps, rubella)	1 MMR	1 MMR	2 MMR
Hib (Haemophilus influenzae type b)	1-4 Hib ◆	Not required for school	
Hep B (hepatitis B)	3 Hep B ★	3 Hep B	3 Hep B
Hep A (hepatitis A)	2 Hep A	2 Hep A	2 Hep A
Varicella (chickenpox)	1 Varicella	1 Varicella	1 Varicella

* If the 4th dose of DTP/DTaP is administered on or after the child's 4th birthday, then the 5th dose of DTP/DTaP is not required.

** The number of doses of PCV and/or Hib may range from 1 to 4 depending on the age of the child when the first dose is received.

*** If the 3rd dose of IPV/OPV is administered on or after the child's 4th birthday, then the 4th dose of IPV/OPV is not required.

◆ Children may be complete with 3 or 4 doses of Hib depending on the brand of vaccine used.

★ Previously unimmunized students 11 through 15 years of age may receive a 2 dose series of Merck® Adult Hepatitis B vaccine to comply with this requirement. All other children (younger or older) must receive 3 doses of hepatitis B vaccine.

• **Children attending licensed childcare facilities must be up-to-date for their age for the vaccines listed in the "Childcare" column.**

• **Hib and PCV vaccines are not required for students in pre-school, pre-kindergarten, or kindergarten programs operated by schools.**

• Doses administered 4 days or less, before the minimum intervals or ages, are counted as valid doses.

• All measles, mumps and rubella (MMR), varicella, and hepatitis A vaccine doses must be administered on or after the child's first birthday (or within 4 days before the birthday).

• It is not necessary to restart the series of any vaccine if the next dose due in the series has not been given on schedule; longer than recommended intervals between doses do not affect final immunity.

• **Children may be allowed to attend school and childcare if they have received at least one dose of all the required vaccines due for their age, but they must complete the remaining doses of vaccine on schedule. These children are "in the process" of receiving immunizations.**

For the complete table and set of rules, please visit:

http://www.ok.gov/health/Disease_Prevention_Preparedness/Immunizations/Vaccines_for_Childcare/index.html

Healthy Snack

Perfect Pineapple Pops

Prep time: about 1-2 hours

Number of servings: 6

What you need:

- 2 c. plain yogurt
- ½ c. canned crushed pineapple (packed in its own juice instead of packed in syrup)
- 1 can frozen pineapple or orange-pineapple juice concentrate, thawed

Directions

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in the bowl and mix together.
3. Spoon the mixture into the paper cups. Fill them almost to the top.
4. Stretch a small piece of plastic wrap across the top of each cup.
5. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
6. Put the cups in the freezer until the mixture is frozen solid.
7. Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!



Nutritional analysis (per serving):

169 calories, 4 g protein, 1 g fat, 36 g carbohydrate, 0 g fiber, 5 mg cholesterol, 62 mg sodium

136 mg calcium, 0.1 mg iron

From www.EatingWell.com



Healthy Activity Bottle Bowling

Number of kids: 2, 4, or 6.

How the game is played: For this game, you'll need several empty two-liter soda bottles and a few balls (smaller ones like tennis balls are best). Line the bottles up in a row. Divide the group of kids in half, one group standing on either side of the bottles at a distance. Each team gets a chance to try and knock down the bottles as quickly as they can. The adult times the kids and names the winner.

Fun tip for kids: Have the kids paint the outside of the bottles, and see if they can knock down their own. You can also paint the inside by putting a few capfuls of paint and shaking the bottle until the inside is coated. Modge podge or paste on the outside helps newspaper and magazine clippings stick. Or add water and let the kids add food coloring

Tips for adults: Another version of this game uses clear bottles and green bottles. The team on one side tries to knock down clear bottles, and the other team knocks down the green ones. Kids may add their own rules to this game, such as a penalty for knocking down the wrong color. Go with the flow, making sure everyone understands any additional rules that pop up.

From: http://kidshealth.org/parent/growth/learning/school_age_games.html



Cleveland County Immunization Coalition



Have questions about immunizations? It's okay to ask them! Check out the Vermont Department of Health's new site designed to give parents answers for the questions they have about vaccines and safety

<http://oktoaskvt.org/>



Can we add you to our e-mail list? Comments? Questions? Suggestions?

Send an e-mail to MeganLS@health.ok.gov to receive our bi-monthly e-newsletter directly or to make a suggestion!

We have created this bi-monthly e-newsletter aimed at childcare providers, with a goal of giving you brief seasonal information regarding immunizations and healthy activities, snacks and articles. We hope you find this information helpful and easy to use. The CCIC meets monthly and are always looking for new members who have a desire to work with us on our mission! If you are interested in finding out more about us, please contact us. Enjoy!

For more information on the Cleveland County Immunization Coalition, please contact:

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