

Monthly Message:

Vaccines and Enrollment

We all want our children to be healthy so they are ready to learn, grow, and succeed in school. Getting sick can keep your child from learning because it can cause breaks in his or her attention and attendance.

Getting your child kindergarten ready includes protecting him or her from catching and spreading serious diseases and viruses. That's why vaccines, also known as immunizations, are required for children to be enrolled in child care and kindergarten.

So how do vaccines work? Vaccines put a dead or weakened germ in the body to help build a defense to fight against the virus in the future. If a vaccinated child gets a virus or disease, the symptoms aren't as serious compared to an unvaccinated child. Studies confirm vaccines work and are safe. Some side effects may include swelling, redness, and tenderness where the shot was given. For parents with concerns about the safety of vaccines, check out the World Health Organization's response to common questions and myths. <http://www.who.int/features/qa/84/en/>

Vaccines are given every 3 months, on average, between birth and 18 months. The final shots before kindergarten are given between ages 4 and 6.

Tips For a Successful Vaccine Visit



- Bring your child's vaccine record.
- Pack a favorite toy, book, or blanket you use to regularly comfort your child.
- Remind your child that vaccines can help keep them healthy.
- Ask if you may hold your child on your lap.
- Distract your child by cuddling, singing, or talking softly.
- Smile and let your child know everything is ok.
- Praise your child after the shots.
- Use a cool, wet cloth to reduce redness, soreness, and swelling where the shot was given.
- Give your child lots of liquids following the visit as he may be less interested in eating.

Health Requirements for Enrollment

	Kindergarten	Head Start	Public Preschool	Licensed Child Care
Immunization Certificate	✓	✓ (child 3 months +)	✓	✓ (child 3 months +)
Eye Exam (by Jan. 1 of school year, ages 3-6)	✓	✓	✓	
Dental Exam	✓ (by Jan. 1 of school yr)	✓ (within 90 days of enrollment)		
Physical Exam	✓ (within 1 year prior to admission)	✓ (within 90 days of enrollment)	✓ (within 6 months prior to admission)	

For a list of required vaccines, visit <http://www.lrc.state.ky.us/kar/902/002/060.htm>

The Vaccines for Children (VCF) Program provides free vaccines to eligible children through VCF providers.

To qualify, the child must be:

- Medicaid eligible or enrolled in KCHIP
- Uninsured
- American Indian or Alaska Native
- Underinsured (your health insurance doesn't cover vaccines, certain vaccines or has a cap for vaccines. Patients with deductibles aren't eligible.)

To find an eligible program provider, call the doctor's office or contact your local health department.



Remember December-February is flu season! Consider getting a flu vaccine to protect yourself and your family. Children (6 months or older) in child care settings and pregnant women are encouraged to get one. Also, model healthy habits such as washing your hands with soap frequently and sneezing or coughing into a tissue or sleeve.