

## News Release

### For Immediate Release

August 22, 2023

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### Do Your Students Have Their School Shots?

Southwest Nebraska Public Health Department (SWNPHD) encourages parents to make sure their child is up to date with regularly scheduled vaccinations for school. Crowded group settings like schools are a common spreading ground for many different types of viruses and bacteria. Due to lower vaccination rates in the United States the last few years, some diseases that were uncommon are showing up again and making children sick. Thankfully these diseases are easily preventable with regular vaccinations.

The shots required to attend school in Nebraska include the following:

#### Kindergarten Shots

- DTaP – diphtheria, tetanus, and pertussis
- Hepatitis A (recommended, not required)
- Hepatitis B
- Hib – Haemophilus influenza B
- MMR – measles, mumps, and rubella
- Pneumococcal - pneumonia
- Polio
- Varicella -- chicken pox

Chickenpox is a very preventable disease after the introduction of the varicella vaccine in 1995. This vaccine is safe and very effective, with over 90% protection against chickenpox after two doses.

“Getting a chicken pox vaccine will help protect those who have never been exposed to chickenpox as well as help protect them against shingles later in life,” explains Melissa Propp, Clinic Manager at SWNPHD. “Shingles is a disease that can cause a potentially painful and serious disease as we age.”

#### Seventh Grade Shots

- Tdap – tetanus, diphtheria, and pertussis
- HPV – human papilloma virus (recommended, not required)
- Meningococcal – meningitis ACWY (recommended, not required)

Meningitis vaccination is highly recommended for students and is required by most colleges. Meningitis is a life-threatening illness that is caused by bacteria that infect the blood, brain, or spinal cord. It is easily spread in crowded settings such as college dormitories, locker rooms, etc. There are two types of Meningococcal vaccines that protect against several strains of this disease: Meningitis ACWY and Meningitis B. Parents can check with the college their child is attending to verify vaccine requirements.

Contact your health care provider to find out if your child is up to date on their vaccines or contact Melissa Propp, RN, Clinic Manager at (308) 345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, Instagram and TikTok or view the website, which contains many useful resources at [www.swhealth.ne.gov](http://www.swhealth.ne.gov).

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