

From the AACMS Health Room



HAPPY NEW YEAR!

Welcome to 2021! We made it. The Covid-19 vaccine is here and slowly making its debut throughout the Lehigh Valley and surrounding areas. I wanted to share with you some more valuable information as we prepare to come back to school. Though we are not out of the clear yet, it is nice to navigate back to life as we knew it. With precautions in place we are more than ready to safely welcome back our students! See you soon!

Nurse Andrea

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COVID-19 VACCINE

Pennsylvania has started to vaccinate against COVID-19 and is working to expand eligibility to more groups of people. Faculty and Staff at AACMS have begun receiving vaccinations and teachers in the 1B phase group are expected to start receiving appointments and get vaccinated very soon.

Vaccines are safe and are the best way to protect yourself and those around you from serious illnesses.

The COVID-19 vaccine- given in two doses, three to four weeks apart (depending on the kind you get)- can keep you from getting COVID-19 and may even lessen symptoms if you do contract the virus.

COVID-19 vaccination will help protect you by creating an antibody response without having to experience sickness. Moderna and Pfizer Vaccine Fact Sheets, as well as FAQs are posted on our school's COVID-19 response site at <https://www.arts-cs.org/covid-19>

At this time, the Pfizer-BioNTech COVID-19 vaccine is not yet approved for children under the age of 16. The Moderna COVID-19 vaccine is not yet approved for children under the age of 18. More research is needed to make sure any COVID-19 vaccine will be safe and effective for infants, kids and teens.

To see if you are eligible for a vaccine and for testing locations please visit <https://www.pa.gov/guides/get-vaccinated/>

Keep Others Safe

It will take some time to get the COVID-19 vaccine rolled out and get everyone vaccinated.

The COVID-19 vaccine- while showing extremely promising results- is like every other vaccine in that no vaccine is ever 100% effective. We must continue our best known risk reduction measures to keep people safe:

- Wear cloth face covering (mask) when in public and when around people who don't live with you
- Stay 6 feet away from those you don't live with
- Avoid crowds
- Practice good health habits- wash your hands frequently, avoid touching your face, and wipe down frequently touched surfaces



STATE REQUIRED IMMUNIZATIONS

Efforts to reduce the transmission of COVID-19 have led to many children not receiving routine preventative medical services. It is vital that all children receive recommended vaccinations on time and get caught up if they are behind as a result of the pandemic. Routine vaccination prevents illnesses that lead to unnecessary medical visits, additional outbreaks of vaccine-preventable diseases, hospitalizations, and further strain on schools, families, and health care systems.

In response to the noted decrease in immunization rates due to the pandemic, for the 2020-21 school year the Department of Health (DOH) temporarily suspended school immunization regulations for a two-month period after the beginning of the school year. DOH continues to stress the importance of immunizations for children and across the lifespan. The temporary suspension is intended to provide flexibility and for parents and guardians, but it is essential that students receive their recommended vaccinations as soon as possible if they are behind schedule as a result of the pandemic.

7th Grade required immunizations:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap)
- 1 dose of meningococcal conjugated vaccine (MCV)

If you received an email or phone call stating there was no record of immunization for your child, please obtain a letter, statement, or record from your health provider showing each dose of vaccine and the full date (*month/day/year*) administered. Please send this documentation to the school nurse at AAngstadt@arts-cs.org or fax to 610-351-1163 as soon as possible.

The Pennsylvania Department of Health states that students NOT IN COMPLIANCE with these requirements MUST BE EXCLUDED from school until the student provides verification of the immunizations received, has a scheduled plan signed by the physician, or obtains an exemption signed according to the provisions of the law.

For a complete list of required vaccinations, please visit our school [website](#).

YEARLY HEALTH SCREENINGS AND EXAMS

Yearly health-based screenings and exams will resume upon the students return to school.

Grades 5 through 8

- Year growth screen
- Vision exam

6th Grade

- Physical exam required. Please provide a copy to the health room if your student had physical in the last year.

7th Grade

- Dental exam. Please provide a copy to the health room if your student had dental exam in the last year.
- Hearing screen

More information to follow when screenings are scheduled. Dental and Physical forms can be found on our school website if you chose to use your own provider.



If your child is sick, exposed, getting tested or tested positive...



Stay home!



Report your child's illness through school attendance line

What's the best way to prevent the spread of illness this time of year?

Stay home if you're sick!

Bringing your fever to school or work will lead to more sick people in your community, and some may not be able to fight it.

Stay home, get rest, and go back when you won't be putting others at risk.