

Notes from the Nurse:

RE: Physical Exams --- Health Forms --- Sports

One physical exam within thirteen months of a sport starting date is all that is necessary to play sports—you do not need to make another special appointment for a “sports physical”. Spring sports season will start soon—**make sure that your child has had a physical exam within thirteen months of spring schedule starting date.**

(Example: If Spring Tennis starts on April 21, 2007 any physical dated after March 22, 2006 will be accepted.) Parents and athletes must fill out side “A” of the sports questionnaire.

Our school does have standard health forms, however, your child’s doctor may use his/her standard physical form—that is OK. We check the date of the physical exam, immunization dates, and check for medical clearance to participate in sports.

*****VERY IMPORTANT Vaccine News:**

RE: new suggested HPV immunization for girls, aged 11-24

Important note, especially for Senior GIRLS: You may be asked to leave your pediatrician’s practice and find an Adult Primary Care Provider (PCP) when you become 18, or soon after high school graduation.

Pediatricians’ offices carry the human papilloma virus (HPV) Vaccine in large quantities. Many adult providers do not carry a stock amount of this vaccine. Sometimes it is difficult to get the vaccine once you transfer out of a pediatric practice to an adult PCP.

Parents wishing to get the vaccine for their daughters should contact their pediatricians’ office and schedule the vaccine SOON.

This is not a mandatory vaccine, however, the vaccine is advised for prevention of cervical cancer in adult women. Talk with your daughter’s PCP and check the Center for Disease Control (CDC) web site. (Go to Google: type in CDC; immunizations; HPV vaccine for more information.)

The vaccine (Gardasil) is given in three doses—over six months. The first dose is followed in 2 months by the second dose, and the third dose is given 6 months after the first dose.

If your daughter is going away to college, now would be a good time for making your appointment and starting the series.

****** Meningococcal Meningitis Vaccine******

This vaccine is recommended—not mandatory—for high school students.

Every college student living on campus must have this vaccine before entering college.

Make your appointment now—In summer the vaccine runs in short supply—making vaccination almost impossible before school starts.