

# Pediatric Pages

The newsletter of Chestnut Ridge Pediatrics



Volume 10, Number 3

summer 2008

## New Vaccine Requirements in New Jersey

The New Jersey Department of Health and Senior Services (DHSS) has recently revised its rules to require 3 new vaccines for school, preschool, and licensed child-care centers starting with admission for September 2008. The new rules are as follows:

1. Any child entering Grade 6 in September 2008, needs to have received the adult Diphtheria, Pertussis, and Tetanus vaccine. In our practice, we have been using the vaccine named Adacel which is not approved for children younger than 11 years of age. Therefore, if your child is still 10 and entering 6<sup>th</sup> grade, we will ask you to come back after your child turns 11 to get the vaccine. There should be no problem with starting school.
2. In addition, any child entering 6<sup>th</sup> grade in September 2008 needs to have received a meningococcal vaccine for school entry. We use the vaccine named Menactra, which is approved down to age 11. So, again, any child who is only 10 when they enter 6<sup>th</sup> grade, will come back to the office after they turn 11 for the vaccine.
3. Any child enrolled in a licensed child-care center or preschool facility between the ages of 6 months to 5 years is required to receive an annual flu vaccine. At CRP we have always encouraged children in daycare to receive an annual flu vaccine. For children between 6 months to 3 years we will have available the injectable thimerisol-free flu vaccine. For children who are healthy and over 24 months, you have the option of Flumist, the intranasal flu vaccine as well.

Ear Piercing Now  
Available at CRP

[www.crpa.yourmd.com](http://www.crpa.yourmd.com)

## Attention all parents

There are new physical forms that are now required by all 6<sup>th</sup> grade and older kids participating in sports. There is a 2-3 page form that parents must fill out **before** the physical exam because the doctor must review it and then sign. You can get the forms from the school nurse or you can download them from our website. Your child will not be able to participate without these forms.

## **Office Hours:**

Phone Hour M-Sat 7:30 am

Mon. 8:30-7:30 pm

Tues-Thurs 8:30-5 pm

Fri. 8:30-4:30 pm

Sat. 8:30-11:30 am

Evening hours Tues.-Thurs.  
until 7:30 will vary from week  
to week

# Summer Safety Tips

**Sun Exposure:** Parents should try to keep babies less than 6 months out of the sun as much as possible. Dress infants in long pants, shirts and brimmed hats. When adequate shade is not available, parents can apply a children's sunscreen to small areas. Sunscreen should be applied to all children 30 minutes before going out in the sun liberally. Use sunscreen with at least SPF 15 and UVA and UVB protection. Sunscreen should be reapplied every 2 hours.

**Heat Stress:** Intensity of activity should be reduced with higher heat and humidity. Your child should be well hydrated before starting physical activity. Children under 90 lbs could drink 5 oz of cold water every 20 minutes and children over that can drink 9 oz of water every 20 minutes, even if the child does not feel thirsty. Once your child feels thirsty, he is already dehydrated.

**Pool Safety:** Install a fence at least 4 ft high around all 4 sides of the pool. Make sure pool gates open out and are self-close and self-latch at a height the child cannot reach. Never leave children alone in or near the pool, even for a moment. Children may not be developmentally ready for swim lessons before age 4. Inflatable swimming aids such as "floaties" are not a substitute for approved life vests and can give children a false sense of security.

**Bug Safety:** Avoid scented perfumes and soaps. Combination sunscreen/insect repellents should be avoided because the sunscreen needs to be reapplied every 2 hours but the insect repellent does not. Insect repellents containing not more than 30% DEET are most effective against ticks for children. These repellents can be applied to clothing and sparingly on skin. DEET should not be used in infants under 2 months.

**Playground Safety:** The playground should have safety tested mats or loose fill materials maintained to a depth of at least 9 inches. It should be installed at least 6 ft in all directions. Swing seats should be made of soft materials. Parents should never purchase a home trampoline or allow children to use home trampolines. Metal slides can burn children.

**Bicycle Safety:** Do not push your child into a 2 wheeled bike until they are ready, at about age 5-6. Buy a bike that is the right size, not one that your child has to "grow into". Your child needs to wear a helmet on every bike ride, no matter how short or close to home. Parents should model helmet use and always wear a helmet as well. The helmet should sit level on the head, not tipped forward or backward.

**Skateboard/Scooter/Heely Safety:** Children should never ride in or near traffic. All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important. Communities should work to develop skateboard parks.

**Lawnmower Safety:** Try to use mowers that have controls that stop if the handle is let go. Children younger than 16 should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers. Anyone using a mower should use hearing and eye protection. Do not allow children to ride as passengers on ride-on mowers.

**Fireworks Safety:** Fireworks can result in severe burns, scars, and disfigurement that can last a lifetime. Sparklers can reach temperatures above 1000 degrees and can burn skin. Families should attend community firework displays run by professionals.

**Boating Safety:** Children should wear life jackets at all times when on boats. The jacket must be the right size for the child and should be snug. Adolescents should be warned of the dangers of boating under the influence of drugs or alcohol.