

# Supporting School Health

## School Staff: Check your immunization before you start work

The best way to reduce the risk of infections is to prevent them by keeping your immunizations up to date and washing or sanitizing your hands often throughout the day.

If you are unsure what immunizations you should get, talk to your doctor or healthcare provider.

### If you are pregnant or thinking about getting pregnant:

- Discuss with your Health Care Provider about having a blood test (titer test) to check for your immunity to Rubella (German Measles), Varicella (Chickenpox), Fifth Disease, Cytomegalovirus (CMV) and Hepatitis B.
- It is recommended that you get a flu shot annually and a tetanus, diphtheria and pertussis vaccine with every pregnancy.

Vaccine	When
Tetanus, Diphtheria & Pertussis (whooping cough)	Every 10 years, you need one adult dose of pertussis-containing vaccine in your lifetime (extra dose recommended for each pregnancy)
Influenza	Every year
Pneumococcal Polysaccharide	At 65 years or older 19-64 years old if you have specific medical conditions
Pneumococcal Conjugate	At 50 years or older
Measles, Mumps, Rubella (MMR)	If you never had the disease or the vaccine A second dose of MMR may be needed
Varicella (Chickenpox)	If you never had the disease or the vaccine
Meningococcal	If you have a specific medical conditions, or are laboratory or military personnel
Hepatitis A	If you have specific medical, occupation, or lifestyle risks, and if you want to be protected
Hepatitis B	If you have specific medical, occupation, or lifestyle risks, and if you want to be protected
Human Papillomavirus (HPV)	At 9-26 years. 26 years of age or older depending on risk factors
Herpes Zoster (Shingles)	Herpes Zoster (Shingles)

Vaccine Preventable Diseases intake line Ext. 4746

To speak to a Public Health Nurse about vaccines or vaccination information

Reportable Disease and Outbreak Reporting Line Ext. 4752

Report or ask about a communicable disease or outbreak at your school