



CITY OF MANCHESTER HEALTH DEPARTMENT
MONTHLY BULLETIN – SEPTEMBER 2009
BACK TO SCHOOL



Chronic Disease Prevention & Neighborhood Health Division

HEALTHY EATING ACTIVE LIVING: FOLLOW 5-2-1-0

It can be challenging to keep up with all the recommendations for healthy living today. One simple way to ensure that children and teens are following guidelines for healthy eating and active living is to remember **5-2-1-0**:

5 Fruits and Vegetables a Day. MyPyramid offers personalized eating plans and interactive tools to help people of all ages plan and assess food choices based on the Dietary Guidelines for Americans. For more information, please visit: <http://www.mypyramid.gov/>.

2 Hours or Less of Screen Time a Day. Screen time is defined as television, video game or computer use that is non-school work related. For some helpful tips on ways to reduce screen time, please visit the National Heart Lung and Blood Institute’s We Can Program: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm>.

1 Hour of Exercise a Day. Children and Teens should participate in at least one hour of physical activity every day. Check out the Manchester Marathon Association’s Kid’s Marathon Program, which was designed to help kids become more physically fit and promote an active and healthy lifestyle. <http://www.cityofmanchestermarathon.com/kidsmarathon.htm>

0 Sweetened Beverages. This includes soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.



Community Health Division

NEW IMMUNIZATION REQUIREMENTS FOR SCHOOL YEAR 2009/2010

The immunization requirements for school year 2009/2010 have changed for some age groups as outlined below:

- o Children 11 years of age and older are now required to have a one-time dose of a Tetanus, diphtheria, acellular pertussis vaccine (Tdap) vaccine, if it has been 5 years since the last tetanus vaccine.
- o Children enrolled in Kindergarten through 12th grade are required to have two doses of measles-mumps-rubella vaccine (MMR).
- o Children in Kindergarten, 1st grade and 6th grade must receive two doses of chickenpox vaccine, if they do not have a history of disease.
- o Children in 2nd grade through 5th grade AND 7th grade through 12th grade, are required to have one dose of chickenpox vaccine, if they do not have a history of having the disease.

Although not required for school, it is very important for all children 6 months-18 years of age to receive a seasonal flu shot. Annual flu vaccination is the most effective method for preventing flu and its complications. Please call the Manchester Health Department at 624-6466 for additional information.

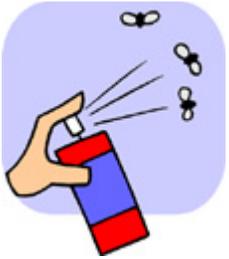
MISSION STATEMENT

To improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

Environmental Health & Public Health Preparedness Division

TO REDUCE YOUR FAMILY'S RISK OF BEING BITTEN BY MOSQUITOES AND CONTRACTING WEST NILE VIRUS OR EASTERN EQUINE ENCEPHALITIS (EEE)

- o Wear protective clothing such as long pants, long-sleeved shirts, a hat, and socks if outside during evening, nighttime and dawn hours.



- o If outside during evening, nighttime and dawn hours consider using an insect repellent containing no more than 30 % DEET (N, N-diethyl-meta-toluamide). Repellants that contain Picaridin or oil of lemon eucalyptus have also been deemed to be effective.
- o Remember to always use repellants in accordance with the manufacturer's directions. Children should not apply DEET to themselves. Since repellents may irritate the eyes and mouth, avoid applying repellent to the hands of children.

- o Eliminate standing water and keep swimming pools and hot tubs chlorinated to prevent mosquitoes from breeding.

For more information, call the Manchester Health Department's West Nile Virus information line at 624-6466 x325 or the State of N.H. West Nile Virus information line at 1-866-273-6453.

School Health Division

IT'S BACK TO SCHOOL IN MANCHESTER

16,000 students returned to Manchester's public schools on September 1st. To prepare for the return of students, school nurses have been collecting immunization records, physical forms, and developing health care plans for students with special medical needs. All students must have an immunization record to enter school, and those students still needing updated vaccinations will be given conditional enrollment. Any student requiring medication at school must have written permission from a parent or guardian and an order for the medication from a physician, nurse practitioner, or physician assistant.



Our job in School Health is to ensure students come to school ready to learn. Please help us by keeping children home when they are ill. If you have any questions, please visit your child's school health office where there is a wealth of information on staying healthy!

Monthly Spotlight

SEASONAL FLU & H1N1 FLU VACCINE

Seasonal flu vaccine is currently available. To reduce your risk of contracting seasonal flu, contact your medical provider or the Manchester Health Department to schedule a flu shot.

H1N1 Vaccine is not yet available. Stay tuned for the latest information as to when it will become available and the target groups for the vaccine.

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-6466