



Dear Parent or Guardian,

As you may be aware, the state of California requires all incoming 7th graders to show proof of Tdap and 2 MMR vaccines (or valid medical exemption) prior to attending 7th grade. We have enclosed detailed information regarding Tdap and MMR, as well as answers to frequently asked questions.

Our records show that your child is missing his/her Tdap vaccine and/or 2nd MMR vaccine. **In order for your child to start 7th grade, you will need to do one of the following before school begins:**

- A. Provide documentation showing that your child has all immunizations required.
- B. Submit a licensed physician's written statement of a permanent medical exemption for missing shot(s) and immunization records with dates for all required shots not exempted.

**What is a medical exemption?**

A medical exemption is a written statement from a licensed physician (M.D. or D.O.) which states:

1. That the physical condition or medical circumstances of the child are such that the required immunization(s) is not indicated.
2. Which vaccines are being exempted.
3. Whether the medical exemption is permanent or temporary.
4. The expiration date, if the exemption is temporary.

If your student has not yet received these immunizations, please contact your child's medical provider right away.

- If you do not have a medical provider, we have enclosed a list of Sacramento Area Community Immunization Clinics.
- If you do not have health insurance, you can get assistance with signing up for health insurance from Sacramento Covered at (866) 850-4321 or <http://sacramentocovered.org/enroll>.

This is also a good time to discuss any other immunization needs. Although Tdap and 2 MMRs are required for school entry, it is recommended that your child also obtain Meningococcal and HPV vaccines in this age group. If you have any questions, please contact the Sacramento County Public Health Immunization Branch at (916) 875-7468 or SCUSD Health Services at (916) 643-9412.

**Students entering 7<sup>th</sup> grade who do not meet the immunization requirements will not be able to attend school. Please bring a copy of your child's immunization record(s) or valid medical waiver to our front office before school begins.**

Thank you for helping us keep your child, our school, and our community safe and healthy.

Sincerely,





## Vaccine Requirements for 7<sup>th</sup> Grade Students

# Tdap (Pertussis/Whooping Cough)

### *What Parents Need To Know*

#### What is the pertussis booster requirement?

**All students entering, advancing or transferring into 7<sup>th</sup> grade will need proof of an adolescent whooping cough booster immunization (called “Tdap”), or medical exemption, prior to attending school in the fall.**

#### What if my child does not have proof of a Tdap shot before school starts?

**Your child will not be able to start school until you submit the documentation for the Tdap requirement to the school.**

#### Is there a grace period/extension to get the shot AFTER school starts?

**No. Under current law, schools do not have the option to provide a grace period. All 7<sup>th</sup> grade students will need to show proof of Tdap immunization or submit a medical exemption before starting school in September.**

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#### What is Tdap and what are the diseases that the Tdap vaccine prevents?

Tdap is a booster vaccine for older children, adolescents, and adults. It safely protects against 3 dangerous diseases: tetanus, diphtheria, and whooping cough (also called pertussis).

- **Pertussis**- also known as whooping cough, is a contagious disease that causes violent coughing fits that make it hard to breathe. It spreads easily when someone with the disease coughs or sneezes. The symptoms can last for months. Whooping cough is particularly dangerous for young babies.
- **Tetanus**- causes a severe, painful tightening (spasms) of muscles, including of the jaw (“lockjaw”) which can limit swallowing and breathing.
- **Diphtheria**- is a throat infection that can lead to breathing problems, paralysis, heart failure and death.

#### Do ALL 7<sup>th</sup> grade students need to get the pertussis immunization?

Yes. Unless they have a medical exemption, all students going into 7<sup>th</sup> grade must have proof of having had the Tdap booster shot, or a medical exemption. This includes current students, new students and transfer students in both public and private schools.

Many students have already received the vaccine and simply need to supply proof to the school, so check with your doctor or provider.

#### Why is the Tdap vaccine required?

This new requirement will help protect your child and others in your school and community from whooping cough. Whooping cough is a serious disease that causes coughing fits that can last for months. In recent years, whooping cough has been increasing in the United States. Whooping cough has been widespread in California and was responsible for 10 infant deaths in 2010.

#### When should my child get vaccinated with Tdap?

**Now.** Unimmunized children are at risk for catching pertussis, getting really sick and missing weeks of school. Besides protecting your child, you can also beat the back-to-school rush by making an appointment for your incoming 7<sup>th</sup> grader to get a Tdap booster shot now.

- Keep documentation of your child’s Tdap booster shot in a safe place.
- Provide a copy to your child’s current school now.



## Vaccine Requirements for 7<sup>th</sup> Grade Students

# MMR (Measles, Mumps, Rubella)

### *What Parents Need To Know*

#### What is the MMR booster requirement?

**All students entering, advancing or transferring into 7<sup>th</sup> grade will need proof of having had a 2<sup>nd</sup> MMR vaccine or medical exemption, prior to attending school in the fall.**

#### What if my child does not have proof of a second MMR shot before school starts?

**Your child will not be able to start school until you submit the documentation for the second MMR requirement to the school.**

#### Is there a grace period/extension to get the shot AFTER school starts?

**No. Under current law, schools do not have the option to provide a grace period. All 7<sup>th</sup> grade students will need to show proof of that 2<sup>nd</sup> MMR immunization or submit a medical exemption before starting school in September.**

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#### What is MMR and what are the diseases that the MMR vaccine prevents?

MMR is a vaccine that prevents Measles, Mumps and Rubella. These diseases spread from person to person through the air. You can easily catch them by being around someone who is already infected.

- **Measles** - virus causes rash, cough, runny nose, eye irritation, and fever. .It can lead to ear infection, pneumonia, seizures (jerking and staring), brain damage, and death.
- **Mumps** - Mumps virus causes fever, headache, muscle pain, loss of appetite, and swollen glands. It can lead to deafness, meningitis (infection of the brain and spinal cord covering), painful swelling of the testicles or ovaries, and rarely sterility.
- **Rubella** - also known as German Measles, Rubella virus causes rash, arthritis (mostly in women), and mild fever. If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

#### Do ALL 7<sup>th</sup> grade students need to show proof of a 2<sup>nd</sup> MMR immunization?

Yes. Unless they have a medical exemption, all students going into 7<sup>th</sup> grade must have proof of having had that second MMR shot, or a medical exemption. This includes current students, new students and transfer students in both public and private schools.

Many students have already received the vaccine and simply need to supply proof to the school, so check with your doctor or provider.

#### Why is a second dose of MMR vaccine required?

Having a second dose of MMR increases immunity to the disease. In 2008, 2011, 2013 and 2014, there were more reported measles cases compared with previous years. CDC experts attribute this to more measles cases than usual in some countries to which Americans often travel (such as England, France, Germany, India, the Philippines and Vietnam), and therefore more measles cases coming into the US, and/or more spreading of measles in U.S. communities with pockets of unvaccinated people.

#### When should I get my child the second MMR vaccine?

**Now.** Your child may have already had the 2<sup>nd</sup> MMR vaccine. Check your child's vaccine record or check with your doctor. If your child has not had that 2<sup>nd</sup> MMR (or proof of immunity), it is vital that your child receive it as soon as possible (or a letter from your doctor stating your child has immunity as verified by a lab test).

- Keep documentation of your child's 2<sup>nd</sup> MMR shot in a safe place.
- Provide a copy to your child's current school now.



# 2018-2019 Free Immunization Clinics

## Grades eK-12 – All Immunizations

District Enrollment Center – Room 4 (5601 47<sup>th</sup> Avenue)

Date	Time	Last Registration
Monday, August 20 <sup>th</sup> , 2018	9:00 AM – 1:30 PM	1:00 PM
Tuesday, August 21 <sup>st</sup> , 2018	9:00 AM – 1:30 PM	1:00 PM
Wednesday, August 22 <sup>nd</sup> , 2018	9:00 AM – 1:30 PM	1:00 PM
Thursday, August 23 <sup>rd</sup> , 2018	2:00 PM – 6:00 PM	5:30 PM
Monday, August 27 <sup>th</sup> , 2018	2:00 PM – 6:00 PM	5:30 PM
Tuesday, August 28 <sup>th</sup> , 2018	9:00 AM – 1:30 PM	1:00 PM
Wednesday, August 29 <sup>th</sup> , 2018	9:00 AM – 1:30 PM	1:00 PM
<b>Thursday, August 30<sup>th</sup>, 2018 (First Day of School)</b>	<b>8:00 AM – 10:00 AM 3:00 PM – 6:00 PM</b>	<b>9:30 AM 5:30 PM</b>
Friday, August 31 <sup>st</sup> , 2018	8:00 AM – 11:00 AM	10:30 AM
<b>Thursdays September - May*</b>	<b>3:00 PM – 6:00 PM</b>	<b>5:30 PM</b>

**\*The SCUSD immunization clinic will be open 3-6 PM each Thursday that school is in session September through May.**

## Eligibility Requirements

The SCUSD Free Immunization Clinic may administer vaccines to students who meet **all** of the following conditions:

1. Are entering or currently attend Early Kindergarten - 12th grade at a SCUSD school
2. Are under 19 years old
3. Have Medi-Cal, no insurance, are Native American or Native Alaskan  
*Students with private insurance must see their primary care provider.*

## What You Need to Bring

- All immunization records for the student
- Medi-Cal card (if applicable)
- Parent/Guardian must be present

## SCUSD clinics do not offer appointments.

Vaccines are available on a first come, first serve basis.

Your wait time will depend on the number of students ahead of you.

**Please note:** last registration is 30 minutes before the end of each clinic to allow time to serve everyone.

For more information, please contact Health Services at 643-9412

**California Law requires proof of immunization or valid waiver before a student can attend school.**

Health and Safety Code, Division 105, Part 2, Chapter 1, Sections 120325-120380;  
California Code of Regulations, Title 17, Division 1, Chapter 4, Subchapter 8, Sections 6000-6075

## Sacramento Area Community Immunization Clinics

Sacramento's Child Health & Disability Prevention Program (CHDP) provides Free or Low-Cost health exams & immunizations for **uninsured** and **Medi-Cal** children ages birth to 18 years: **(916) 875-7151**

\*It is **RECOMMENDED** that you

**call in advance for appointments, confirmation of fees and services, and translation services.\***

-If needed, please call the **Immunization Assistance Program** at **(916) 875-SHOT** for further assistance.-

<b>Wellspace Health</b> <span style="float: right;"><b>For more information, visit <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a></b></span>		
<p><i>Oak Park Community Health Center</i> 3415 Martin Luther King Jr. Blvd. Sacramento, CA 95817 (916) 737-5555</p> <p><i>South Valley Community Health Center</i> 8233 E. Stockton Blvd. Suite D Sacramento, CA 95828 (916) 737-5555</p>	<p><i>Hiram Johnson Community Health Center</i> 3535 65<sup>th</sup> Street Sacramento, CA 95820 (916) 737-5555</p> <p><i>Alhambra Community Health Center</i> 2425 Alhambra Blvd. Sacramento, CA, 95817 (916) 737-5555</p>	<p><b>Cost:</b> Sliding Scale <b>Office Visit Fee:</b> Sliding Scale <b>Insurance:</b> Accepts Medi-Cal, Private, and No Insurance <b>Languages:</b> Translation Services Available.</p> <ul style="list-style-type: none"> <li>• Appointments Preferred</li> </ul> <p>Please call in advance, or visit Health Center to make appointment.</p>
<b>Elica Health Centers</b> <span style="float: right;"><b>For more information, visit <a href="http://www.elicahealth.org">www.elicahealth.org</a></b></span>		
<p><i>Elica Midtown</i> 3701 J Street, Suite 201 Sacramento, CA 95816 (916) 454-2345</p> <p><i>Elica West Sacramento</i> 155 15<sup>th</sup> Street West Sacto., CA 95691 (916) 454-2345</p>	<p><i>Elica Arden Arcade</i> 1750 Wright Street Sacramento, CA 95825 (916) 454-2345</p> <p><i>Elica Del Paso Heights</i> 1281 North Ave Sacramento, CA 95838 (916) 454-2345</p>	<p><b>Cost:</b> Sliding Scale <b>Office Visit Fee:</b> Sliding Scale <b>Insurance:</b> Accepts Medi-Cal, Private, and No Insurance <b>Languages:</b> Translation Services Available. Please Call in Advance.</p>
<b>Sacramento Community Clinic</b> <span style="float: right;"><b>For more information, visit <a href="http://www.halocares.org">www.halocares.org</a></b></span>		
<p>2200 Del Paso Blvd. Sacramento, CA 95815 (916) 924-7988</p> <p>5524 Assembly Court Sacramento CA 95823 (916) 642-1867</p>	<p>7275 E. Southgate Drive, Suite 204 Sacramento, CA 95823 (916) 428-3788</p>	<p><b>Cost:</b> Sliding Scale <b>Office Visit Fee:</b> Sliding Scale <b>Insurance:</b> Medi-Cal, Private, &amp; No Ins.</p> <ul style="list-style-type: none"> <li>• Appointments Preferred</li> </ul> <p><b>Languages:</b> Translation Services</p>
<b>Sacramento Native American Health Center (SNAHC)</b> <span style="float: right;"><b>For more information, visit <a href="http://www.snahc.org">www.snahc.org</a></b></span>		
<p>2020 J Street Sacramento, CA 95811 (916) 341-0575</p>	<ul style="list-style-type: none"> <li>• Staff onsite to register for Medi-Cal</li> <li>• Appointments Preferred</li> </ul>	<p><b>Cost:</b> Sliding Scale <b>Office Visit Fee:</b> Sliding Scale <b>Insurance:</b> Medi-Cal &amp; No Ins.</p>
<b>Peach Tree Health</b> <span style="float: right;"><b>For more information, visit <a href="http://www.pickpeach.org">www.pickpeach.org</a></b></span>		
<p>3810 Rosin Ct, Suite 100 Sacramento, CA 95834 (916) 779-7656</p>	<ul style="list-style-type: none"> <li>• Appointment Only</li> </ul>	<p><b>Cost:</b> Sliding Scale <b>Office Visit Fee:</b> Sliding Scale <b>Insurance:</b> Medi-Cal, Private, &amp; No Ins.</p>
<b>Rite Aid</b> <span style="float: right;"><b>For more information, visit <a href="http://www.riteaid.com/pharmacy">www.riteaid.com/pharmacy</a></b></span>		
<p>1125 Alhambra Blvd. Sacramento, CA 95816 (916) 452-1334</p> <p>831 K Street Sacramento, CA 95814 (916) 444-0690</p>	<p>980 Florin Road Sacramento, CA 95831 (916) 422-7202</p> <p>5610 Stockton Blvd. Sacramento, CA 95824 (916) 737-0260</p>	<p><b>Cost:</b> Varies <b>Office Visit Fee:</b> Varies <b>Insurance:</b> Accepts all insurance except Anthem Blue Cross</p> <ul style="list-style-type: none"> <li>• Walk-Ins Available</li> <li>• Other Locations Available in Sacramento</li> </ul>
<b>Spring Medical Clinic</b> <span style="float: right;"><b>For more information, visit <a href="http://www.SpringMedicalClinic.com">www.SpringMedicalClinic.com</a></b></span>		
<p>1355 Halyard Drive, Suite 130 West Sacramento, CA 95691 (916) 371-1930</p>	<ul style="list-style-type: none"> <li>• Walk-Ins Available</li> </ul>	<p><b>Cost:</b> Cash Only for Services <b>Office Visit Fee:</b> Varies</p>