

# Get Set for a Healthy Summer!

## A MESSAGE TO HEALTH EDUCATORS AND THE SCHOOL NURSE

With the end of the school year, your students are looking forward to a summer of fun—pool parties, backyard cookouts, summer camp, and sunny days just hanging out with friends.

Now's the time to help them stay safe and healthy all summer, with this free educational program brought to you by your local H-E-B Pharmacy.

Along with a summer health poster, the program provides you with a student activity sheet that reinforces important rules of sun safety, water safety, and bike safety, and which also includes a reminder to preteens and teens—and their parents—about the importance of immunization against meningococcal disease.

You probably know that preteens and teens are at a higher risk for meningococcal disease, or meningitis, a bacterial infection that, while rare, can cause death in as little as 24 hours from the start of symptoms. Each year there are approximately 1,200-3,500 cases of meningococcal disease in the U.S., and adolescents make up nearly one-third of all U.S. cases. And they can become infected through normal activities like sharing a water bottle or straw, using a friend's fork, or borrowing lip balm—any activity where saliva is exchanged, even a kiss.

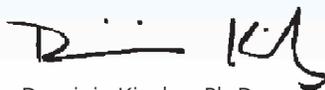
That's why the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices recommends routine vaccination against meningococcal disease for preteens 11-12 years of age, teens 13-18 years of age who have not been previously immunized, and college-bound teens who will be living in dormitories.

In Texas, of course, this recommendation has already become official policy. Students are now required to receive a vaccination for meningococcal disease before entering 7th grade. And Texas law now requires all first-time college students who will be living in on-campus housing to have been immunized as well.

To help schools meet these requirements, your local H-E-B Pharmacy now offers the meningococcal vaccine every day by appointment and will focus on this important health precaution as part of the H-E-B Second Saturday Screenings program on **Saturday, June 12, from 9 a.m. to 12 noon**. No appointment is needed at that time. Children age 11-13 must bring a doctor's prescription or have it faxed to the pharmacy. For children age 14 and older, no prescription is required.

Please make parents of preteens and teens at your school aware of this opportunity by sending home the enclosed handout, which provides basic information (in Spanish and English) about the risks of meningococcal disease and the importance of timely immunization. And please let us know your opinion of this program by returning the enclosed reply card or by commenting online at [www.ymiclassroom.com/hebhealth.html](http://www.ymiclassroom.com/hebhealth.html). We rely on your feedback to continue providing free educational programs that make a real difference in the lives of your students.

Sincerely,



Dominic Kinsley, Ph.D.  
Editor in Chief  
Young Minds Inspired



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send feedback and download more free programs. For questions contact us at 1-800-859-8005 or email us at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).



## TARGET AUDIENCE

This health education program is designed for use with students in grades 5-12 (ages 11-18).

## PROGRAM OBJECTIVES

- To reinforce summer health and safety rules for sun safety, water safety, and bike safety.
- To alert students and parents to the risk of meningococcal disease, or meningitis, that comes from sharing water bottles, eating utensils, make-up, and other activities in which saliva is exchanged.
- To encourage parents to have their child immunized against the risk of meningococcal disease, and remind parents that Texas requires meningococcal vaccination for entry into 7th grade and into on-campus college housing.

## PROGRAM COMPONENTS

- This health educator's guide, which includes background information on the importance of protecting preteens and teens from the risk of meningococcal disease.
- Two reproducible student activity sheets, one designed for use with students in grades 5-7 (preteens), the other for use with students in grades 8-12 (teens).
- A summer health wall poster for display in your school or classroom.
- A take-home handout for parents that explains (in Spanish and English) the importance of protecting preteens and teens from the risk of meningococcal disease.
- A reply card for your comments.

## HOW TO USE THIS PROGRAM

- Photocopy the teaching material on the back of the poster to share with other health educators in your school.
- Make photocopies of the appropriate activity sheet for your students and schedule this activity as a supplement to your pre-vacation class plans.
- Display the wall poster prominently and use it to introduce the program to your students.
- Provide your preteen and teenage students (ages 11-18) with a copy of the enclosed take-home handout to alert their parents to the importance of protecting their child from the risk of meningococcal disease.

## STUDENT ACTIVITY

### Get Set for a Healthy Summer!

Use the grade-appropriate version of this activity sheet to review summertime health and safety rules with your students.

### Grades 5-7—Answers

1-outdoors; 2-get out; 3-two; 4-sunscreen; 5-buddy; 6-sick; 7-life jacket; 8-right; 9-safety helmet; 10-headphones.  
*Use the answers below to discuss these health and safety rules.*

### Grades 8-12—Answers

- 1-d You should wear sunscreen whenever you go outdoors. Everyday exposure to the sun adds up and can lead to skin cancer, so you need sun protection every day, not just when you're sunbathing or swimming. And you need protection on cloudy days, too, since 80% of the sun's damaging ultraviolet (UV) rays can penetrate through clouds.
- 2-b When your shadow is shorter than you are, it's time to get out of the sun. The sun's rays are most intense between 10 a.m. and 4 p.m., so it's safest to limit sun exposure during those hours, and the "shadow rule" is an easy way to recognize this dangerous time of day.
- 3-c You should reapply sunscreen every two hours throughout the day, or sooner if you are active and sweating. And you should always reapply sunscreen immediately after swimming.

T R V G H A D E G I K O  
L I F E J A C K E T B U  
C Z N T F H P Q S W Y T  
T B A O S T U J K L C D  
E U S U N S C R E E N O  
F D T T M R D V I F M O  
G D B U A C H L J G Q R  
E Y N C E Y C L O P E H S  
S A F E T Y H E L M E T  
I M X W V A L O M N W R  
C W N M O L A V X O P Z  
K L H E A D P H O N E S

- 4-d For a sun-safe summer, you'll need all these forms of sun protection—sunglasses that block 99-100% of UV radiation to protect your eyes from sun damage; a broad-brimmed hat to help protect your eyes, ears, face, and the back of your neck; and a broad spectrum sunscreen that blocks both UVA and UVB ultraviolet rays, with an SPF (Sun Protection Factor) of at least 15.
- 5-b When you go swimming, you should always swim with a buddy. Even experienced swimmers can get tired or have a muscle cramp. When you swim with a buddy, you have help in case of an emergency.
- 6-b Swallowing pool water can make you sick. In a pool, you're sharing the water with everyone—and their germs. Chlorine does kill germs, but not right away. In fact, some germs can live in chlorinated pool water for days. When you swallow pool water, you can be swallowing germs that can make you sick.
- 7-c If you're going boating, you'll need a life jacket. Nobody's waterproof, so always wear a U.S. Coast Guard-approved life jacket when you're on the water, whether you're boating, water skiing, or jet skiing.
- 8-a If you're biking on the street, always ride on the right so you are traveling in the same direction as the traffic. Never ride facing oncoming traffic.
- 9-d Every cyclist needs a safety helmet. Be sure to pick a helmet that has a sticker saying it meets the safety standards set by the federal Consumer Product Safety Commission (CPSC). Some multisport safety helmets used in skateboarding do not meet this standard and are not considered safe for bike riding.
- 10-c You're more likely to have a biking accident if you're wearing headphones. Whether you're on the street or on the trail, you need to hear what's going on around you to stay safe.

## A Special Message about Meningococcal Disease

Use the information below to talk with students about the risks of meningococcal disease and the importance of being immunized against this potentially fatal disease.

## ABOUT MENINGOCOCCAL DISEASE

Often referred to as meningitis or meningococcemia, meningococcal disease is a serious and sometimes fatal bacterial infection that most often causes severe swelling of the tissue around the brain and spinal cord (meningitis) or a serious blood infection (meningococcemia).<sup>1</sup>

- Each year approximately 1,200-3,500 cases happen in the U.S.<sup>2</sup>
- About one in 10 people with meningococcal disease die in the U.S., even when they get appropriate antibiotic treatment.<sup>3</sup>
- Of those who survive, one in five suffer from some serious consequences such as permanent hearing loss, loss of arms and legs, or brain damage.<sup>3</sup>
- Although anyone can get meningitis,

adolescents are at an increased risk for meningococcal disease, making up nearly one-third of all U.S. cases.<sup>4</sup>

Typical teen behavior can increase the risk of getting meningococcal disease. Sharing a bottle of water. Borrowing lip balm. Using someone else's straw. When saliva is shared, there is a risk.<sup>5,6</sup> And while meningococcal disease may be rare, it can be so deadly, fast moving, and hard to identify, that by the time it's finally diagnosed, it can be too late.<sup>7</sup> First symptoms often seem like a cold or the flu, so it's easy to think it's something less severe.<sup>7</sup> Even if it is treated early, it can cause death in as little as 24-48 hours from the start of symptoms.<sup>5</sup>

A simple vaccination offers teens the best protection against meningococcal disease. In fact, the majority of adolescent cases may be vaccine preventable.<sup>2</sup> That's why the Advisory Committee on Immunization Practices (ACIP) recommendations for routine vaccination include:

- Preteens 11-12 years of age.
- Previously unimmunized teens 13-18 years of age at the earliest possible opportunity.
- College freshmen living in dormitories who haven't previously been immunized.<sup>8</sup>

In Texas, these recommendations are now state public health policy. Students are required to have received the meningococcal vaccine before entering 7th grade, and first-time or transfer college students who plan to reside in on-campus housing must have been immunized as well.

It can be inexpensive for parents to have their child immunized against meningococcal disease. All or most of the cost of vaccines is usually covered for families with health insurance. In addition, free vaccines are available through the Vaccines for Children (VFC) program for children aged 18 and younger if they are: Medicaid eligible, uninsured, underinsured, or American Indian or Alaska Native.<sup>9</sup> Families can learn more about the VFC program at [www.cdc.gov/vaccines/programs/vfc/contacts-state.htm](http://www.cdc.gov/vaccines/programs/vfc/contacts-state.htm), or call 1-800-CDC-INFO (1-800-232-4636).

For more information on meningococcal disease, go to [www.meningitis.com](http://www.meningitis.com).

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# Get Set for a Healthy Summer!

It's almost here—your time of year! Pool parties. Cookouts and camping trips. Sunny days just hanging out with your friends. But are you really ready for summer? Here's a chance to test your summer health and safety savvy. Look in the word-find puzzle for the words to complete each statement below. Then write the correct words in the spaces provided.

## SUN SAFETY

1. You should wear sunscreen whenever you go \_\_\_\_\_.
2. When your shadow is shorter than you are, you should \_\_\_\_\_ of the sun.
3. You should reapply sunscreen every \_\_\_\_\_ hours.
4. For a sun-safe summer, you'll need sunglasses, a wide-brimmed hat, and \_\_\_\_\_.

## WATER SAFETY

5. When you go swimming, always take a \_\_\_\_\_.
6. Swallowing pool water can make you \_\_\_\_\_.
7. If you're going boating, you'll need a \_\_\_\_\_.

## BIKE SAFETY

8. If you're biking on the street, always ride on the \_\_\_\_\_.
9. Every cyclist needs a \_\_\_\_\_.
10. You're more likely to have a biking accident if you're wearing \_\_\_\_\_.

T R V G H A D E G I K O  
 L I F E J A C K E T B U  
 C Z N T F H P Q S W Y T  
 T B A O S T U J K L C D  
 E U S U N S C R E E N O  
 F D T T M R D V I F M O  
 G D B U A C H L J G Q R  
 E Y N C Y C L O P E H S  
 S A F E T Y H E L M E T  
 I M X W V A L O M N W R  
 C W N M O L A V X O P Z  
 K L H E A D P H O N E S

## A SPECIAL MESSAGE ABOUT MENINGOCOCCAL DISEASE

Did you know that some totally normal activities can put you at risk for meningococcal disease? This potentially fatal bacterial infection can spread whenever you share a water bottle, use a friend's fork, borrow lip balm or lip gloss—any activity where saliva can be exchanged (even a kiss). To protect yourself, talk with a parent about getting immunized against meningococcal disease. Health experts recommend routine vaccination for all kids age 11-12, kids age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories. In Texas, you *must* be immunized before you enter 7th grade or move into on-campus housing at college.

**You can get the meningococcal vaccine at your local H-E-B Pharmacy**, which will focus on this important health precaution at the H-E-B Second Saturday Screenings event on **Saturday, June 12, from 9 a.m. to 12 noon**. Kids age 11-13 must bring a doctor's prescription or have it faxed to the pharmacy. For kids age 14 and older, no prescription is required. Parents should call your local H-E-B Pharmacy for details.



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Get immunized! June 12 @ H-E-B Pharmacy

# Get Set for a Healthy Summer!

It's almost here—your time of year! Pool parties. Cookouts and camping trips. Sunny days just hanging out with your friends. But are you really ready for summer? Take this summer health and safety quiz to find out. Circle the best answer to each question.

## SUN SAFETY

- You should always wear sunscreen \_\_\_\_\_.
  - when you're sunbathing
  - on cloudy days
  - when you go swimming
  - whenever you go outdoors
- When your shadow is shorter than you are, you know \_\_\_\_\_.
  - it's time to apply sunscreen
  - it's time to get out of the sun
  - it's a safe time to sit in the sun
  - it's too late for tanning
- You should reapply sunscreen \_\_\_\_\_.
  - every morning
  - after every meal
  - every two hours
  - at least twice a day
- For a sun-safe summer, you'll need \_\_\_\_\_.
  - sunglasses that block ultraviolet (UV) rays
  - sunscreen with an SPF of 15 or higher
  - a broad-brimmed hat
  - all of the above

## WATER SAFETY

- When you go swimming, always \_\_\_\_\_.
  - wear eye goggles
  - swim with a buddy
  - wear a life jacket
  - swim where you can touch the bottom
- Swallowing pool water \_\_\_\_\_.
  - is harmless
  - can make you sick
  - can make you dizzy
  - is disgusting
- If you're going boating, you'll need \_\_\_\_\_.
  - a compass
  - a signal flare
  - a life jacket
  - a life preserver

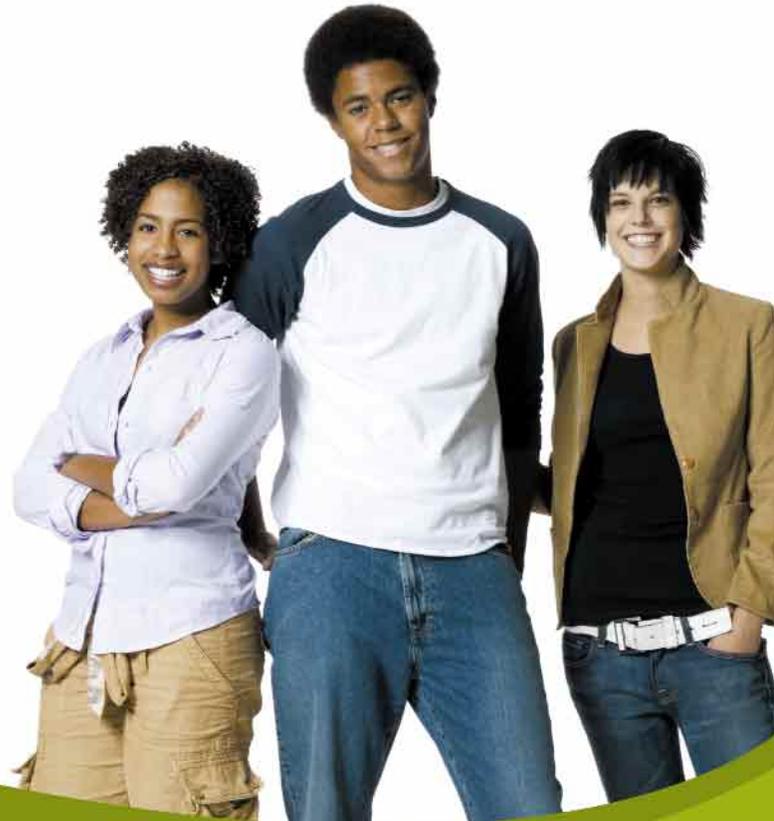
## BIKE SAFETY

- If you're biking on the street, always \_\_\_\_\_.
  - ride on the right
  - ride on the left
  - ride on the sidewalk
  - you should never bike on the street
- Every cyclist needs \_\_\_\_\_.
  - a water bottle
  - a bicycle bell
  - a repair kit
  - a safety helmet
- You're more likely to have a biking accident if you're wearing \_\_\_\_\_.
  - bright colored clothing
  - sneakers
  - headphones
  - jewelry

## A SPECIAL MESSAGE ABOUT MENINGOCOCCAL DISEASE

Did you know that some totally normal activities can put you at risk for meningococcal disease? This potentially fatal bacterial infection can spread whenever you share a water bottle, use a friend's fork, borrow lip balm or lip gloss—any activity where saliva can be exchanged (even a kiss). To protect yourself, talk with a parent about getting immunized against meningococcal disease. Health experts recommend routine vaccination for all kids age 11-12, kids age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories. In Texas, you *must* be immunized before you enter 7th grade or move into on-campus housing at college.

**You can get the meningococcal vaccine at your local H-E-B Pharmacy**, which will focus on this important health precaution at the H-E-B Second Saturday Screenings event on Saturday, **June 12, from 9 a.m. to 12 noon**. Kids age 11-13 must bring a doctor's prescription or have it faxed to the pharmacy. For kids age 14 and older, no prescription is required. Parents should call your local H-E-B Pharmacy for details.



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# A Special Health Message to Parents

Now that your kids are older, you may think vaccinations are less important. But for kids age 11-18, vaccination against meningococcal disease can be a lifesaver.

Meningococcal disease, or meningitis, is a serious bacterial infection that can cause death in as little as 24 hours from the start of symptoms. The disease can be spread by typical teen behaviors like sharing a water bottle, trading lip balm, or even a kiss—any activity where saliva is exchanged. And though it is a rare disease, adolescents make up nearly one-third of all U.S. cases.

That's why health experts recommend routine vaccination against meningococcal disease for preteens age 11-12, teens age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories.

And in Texas, as you probably know, vaccination against meningococcal disease is now required for all students entering 7th grade, and for first-time or transfer college students who will be living in on-campus housing.

To help you meet these requirements and protect your child from the risk of meningococcal disease, **your local H-E-B Pharmacy now offers the meningococcal vaccine**, along with the two other vaccines required for entry into 7th grade, the varicella (chickenpox) vaccine and the Tdap

(tetanus-diphtheria-acellular pertussis) vaccine. In addition, on **Saturday, June 12, from 9 a.m. to 12 noon**, H-E-B pharmacies will make these important health precautions the focus of their Second Saturday Screenings event. You can have your child immunized, however, whenever the pharmacy is open—just call for an appointment. Children age 11-13 must bring a doctor's prescription or have it faxed to the pharmacy. For children age 14 and older, no prescription is required. H-E-B Pharmacy accepts most flexible spending accounts.

Take this opportunity to protect your child from the risk of meningococcal disease, now and for years to come. Want more information? Visit [www.meningitis.com](http://www.meningitis.com), or contact your local H-E-B Pharmacy.

Vaccination may not prevent meningococcal disease in all individuals. Like all vaccines, meningococcal vaccines may have side effects. Persons should consult their healthcare providers to determine if they have a condition that precludes them from receiving a vaccination or to learn more about meningococcal vaccination.

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94

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**RECEIVE \$10 OFF**  
**A MENINGITIS VACCINATION AT YOUR**

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Please call your local H-E-B Pharmacy to make an appointment.

Offer excludes Medicare & Medicaid beneficiaries

Offer valid through 12/31/2010



# Un Mensaje Especial Para los Padres

Ahora que sus hijos han crecido, es probable que piensen que las vacunas ya no son tan importantes. Pero las vacunas contra la enfermedad meningocócica pueden salvarles la vida a los niños entre 11 y 18 años.

La enfermedad meningocócica (o meningitis) es una infección bacteriana grave, que puede causar la muerte tan sólo 24 horas después de que hayan comenzado los síntomas. La enfermedad se puede transmitir mediante conductas típicas de adolescentes, como compartir una botella de agua, intercambiar el protector labial o, incluso, besarse; es decir, cualquier actividad en la que se produzca un intercambio de saliva. Si bien es una enfermedad poco común, los adolescentes representan casi un tercio de todos los casos que se presentan en los Estados Unidos.

Por ese motivo, los expertos de la salud recomiendan una vacunación de rutina contra la enfermedad meningocócica para los preadolescentes de 11 y 12 años, los adolescentes entre 13 y 18 años que no hayan recibido vacunación anteriormente y los adolescentes que estén por comenzar la universidad y vayan a vivir en residencias de estudiantes.

En Texas, como ya deben saber, la vacunación contra la enfermedad meningocócica es obligatoria para todos los estudiantes que ingresan a séptimo grado, y para los estudiantes que ingresan por primera vez a la universidad, o los estudiantes transferidos, que vivirán en el campus.

Para ayudarles a cumplir con estos requisitos y proteger a su hijo del riesgo de contraer la enfermedad meningocócica, **su farmacia H-E-B local ofrece actualmente la vacuna antimeningocócica**, junto

con otras dos vacunas obligatorias para ingresar a séptimo grado: la vacuna contra la varicela y la vacuna Tdap (tétanos-difteria-tos ferina acelular). Además, el **sábado 12 de junio, de 9 a.m. a 12 p.m.**, las farmacias H-E-B realizarán el evento Second Saturday Screenings (Controles de los segundos sábados del mes), donde se concentrarán en estas importantes precauciones de salud. No obstante, pueden vacunar a sus hijos siempre que la farmacia está abierta— simplemente llame para concertar una cita. Los niños de 11 a 13 años deben tener una receta del médico o deben enviarla por fax a la farmacia. Para los niños de 14 años o más, no es necesario presentar una receta. Las farmacias H-E-B aceptan cuentas de gasto flexible.

Aproveche esta oportunidad para proteger a su hijo del riesgo de contraer la enfermedad meningocócica, ahora y en el futuro. ¿Desea obtener más información? Visite [www.meningitis.com](http://www.meningitis.com), o comuníquese con su farmacia H-E-B local.

La vacunación puede no evitar la enfermedad meningocócica en todos los individuos. Al igual que todas las vacunas, las vacunas antimeningocócicas pueden tener efectos secundarios. Las personas deben consultar con sus proveedores de atención médica para determinar si tienen una afección que les impida recibir una vacuna o para obtener más información sobre la vacuna antimeningocócica.



## ¡Vacúnese! 12 de junio en las farmacias H-E-B

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# RECIBA \$10 DE DESCUENTO EN UNA VACUNA ANTIMENINGOCÓCICA



Llame a su farmacia H-E-B local para concertar una cita.  
La oferta excluye a los beneficiarios de Medicare y Medicaid.  
La oferta es válida hasta el 12/31/2010



# Get Set for a Healthy Summer!

## Stay Safe in the Sun

Wear sunscreen whenever you go outdoors—SPF 15 or higher. Reapply every two hours, and remember, if your shadow is shorter than you are, head for the shade.



## A Special Message about Meningococcal Disease

Did you know that some totally normal activities can put you at risk for meningococcal disease? When you share a water bottle, use a friend's fork, borrow lip balm or lip gloss—any activity where saliva can be exchanged (even a kiss)—you could catch the bacteria that causes this potentially fatal disease.

Share the fun without the worries. Talk with a parent about getting immunized against meningococcal disease. Health experts recommend routine vaccination for all kids age 11-12, and kids age 13-18 who have not been previously immunized, and college-bound teens who will be living in dormitories. And Texas *requires* kids to be immunized before entering 7th grade or moving into on-campus housing.

## Stay Safe on the Road

Wear a safety helmet when you're biking, and leave the headphones behind so you can hear what's happening around you. In the car, buckle up! And put your cell phone on mute in your purse or pocket so you can concentrate on the road.



## Stay Safe in the Water

Always swim with a buddy, just in case. And if you're boating, always wear a life jacket. Nobody's waterproof, so wear it!



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