



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | AUGUST 2025

Back-to-School Vaccines: A Guide for Parents

As summer days grow shorter, for families, it brings the start of a new school year. That usually means new school supplies and clothes, but it also means ensuring your child has received all the vaccinations required by your state to attend school and protect against infectious diseases. Requirements for some vaccines vary by state. To find out the specific requirements for your state, visit www.immunize.org/laws.

Vaccines for starting school

If your child attended daycare or preschool, or you have followed the Centers for Disease Control and Prevention's (CDC) recommendations for childhood immunizations, your child probably already has all or most of the required vaccines. Schools will need documentation from your child's doctor's office or local public health office confirming their vaccination status.

For children starting kindergarten, all states require:

- **DTaP** to protect against diphtheria, tetanus, and pertussis (whooping cough)
- **MMR** to protect against measles, mumps, and rubella
- **Polio vaccine**
- **Varicella** to protect against chickenpox, sometimes combined with the MMR vaccine.

Many states also require vaccines for hepatitis B, Haemophilus influenzae type b (Hib), pneumococcal conjugate vaccine (PCV), and hepatitis A. Even if not required, the CDC recommends these vaccines for lifelong protection.

Vaccines after kindergarten

After kindergarten, most states don't have additional vaccine requirements until middle school or junior high. For ages 11 to 18, students typically need:

- **Tdap:** Required in all states for protection against tetanus, diphtheria, and whooping cough.

- **Meningococcal ACWY (MenACWY)** is required in all except 15 states, with some requiring a second dose.

Some states require the HPV vaccine for students entering seventh grade. Check your local state's guidelines for more information.

Vaccines for college-bound teens

The immunizations required for college vary by state and school. Nearly all colleges and universities require the same vaccines as K-12 schools. Some have additional requirements, including the hepatitis B and MenACWY vaccines, to protect against bacterial meningitis. The CDC recommends a MenACWY booster at age 16 to maintain strong protection against bacterial meningitis. People living in close quarters, such as college dorms or military barracks, are at a higher risk of contracting meningitis.

College-bound teens may also want to consider the HPV vaccine if they have not previously received it.

Flu and COVID-19 vaccines

Some states require the flu vaccine for children entering childcare or pre-K, but not for school-age children. As of March 2025, no states require the COVID-19 vaccine for students entering kindergarten through 12th grade. Some universities or colleges might require a flu or COVID-19 vaccination.

Even if not required, the CDC recommends that all students receive the flu or COVID-19 vaccines each year to prevent illness. According to the CDC, more than 25,000 children and teens aged 5-17 were hospitalized for flu in the 2023-2024 season.

The annual COVID-19 vaccine reduces the risk of contracting COVID-19 and passing it on to others, as well as complications, such as long COVID-19 or multisystem inflammatory syndrome in children (MIS-C).

HEALTH & FITNESS

Get Answers to Common Questions About Measles

Measles is a highly contagious — and sometimes dangerous — viral infection. Roughly 90% of people who are exposed to the measles virus will contract measles — unless they are vaccinated.

Why is measles dangerous?

While often viewed as a mild childhood illness, measles can have serious consequences. Roughly 20% of unvaccinated Americans who get measles are hospitalized, according to the CDC. About 5% of children who get measles will get pneumonia, and one out of 1,000 will develop encephalitis (a serious swelling of the brain). Sadly, one to three out of every 1,000 kids who get measles will die from complications.

Who is most at risk from measles?

Serious complications can affect anyone, but those at higher risk include:

- Kids under five years old
- Adults over 20 years old
- Pregnant women
- People with weakened immune systems, such as those with transplanted organs, HIV, or leukemia.

How can you prevent measles?

Measles is preventable through vaccination. Two doses of the MMR vaccine (which protects against measles, mumps, and rubella) or the MMRV vaccine (which also protects against varicella, aka chicken pox) are enough to protect most people from measles for life.

When should children get the measles vaccine?

Children should get their first dose of either the MMR or MMRV vaccine between the ages of 12 and 15 months, and they should get their second dose between four and six years old.

But it's never too late for children and adults to receive the vaccine. Doses for older children and adults need to be at least 28 days apart. Ask your doctor for guidance.



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AUGUST RECIPE

Easy Nicoise Summer Salad

Prep Time	Cook Time	Total Time	Serves
10 minutes	20 minutes	30 minutes	4

When it's too hot to turn on the oven, make this easy, south of France-inspired Nicoise salad for dinner. Packed with vegetables and protein from tuna and hard-boiled eggs, it's a light but satisfying dinner that tastes as good as it looks.

Ingredients

- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon honey
- 1/4 teaspoon Italian seasoning mix
- Pinch of salt and fresh ground pepper (or to taste)
- 1/2 pound fresh green beans, trimmed (use thin frozen green beans if desired)
- 3/4 pound baby potatoes, cut in half or quarters
- 4 large eggs
- 3 cups torn lettuce
- 1 cup grape or cherry tomatoes (use large, garden-fresh sliced tomatoes if available)
- 1/2 English cucumber, sliced
- 1/4 cup pitted black olives
- 2 5-ounce cans of tuna, drained

Tools

- Measuring cups and spoons
- Chef's knife and cutting board
- Large saucepan
- Slotted spoon
- Mixing bowl
- Platter to arrange the salad

Instructions

1. Make the dressing. In a small jar or bowl, combine the olive oil, vinegar, mustard, honey, Italian seasoning mix, salt, and pepper. Shake or mix well. Adjust seasoning to taste. Set aside.
2. Fill the saucepan about half full with water and bring it to a boil. Add the potatoes and boil for about five minutes. Then, add the green beans and cook with the potatoes for another five minutes or until tender. If you have a steamer basket, you can steam the vegetables using less water. However, they may take longer to cook.
3. Once the vegetables are fork-tender, remove them from the pan using a slotted spoon, reserving the hot water in the saucepan. Place them in a mixing bowl and toss with half the dressing. Set aside.
4. Add the eggs to the boiling water, cover, turn off the heat, and let stand for 10 to 12 minutes, depending on how firm you like the yolk. Remove the eggs from the saucepan and run them under cold water. Let them sit until they're cool enough to peel.
5. Line a serving platter with lettuce and arrange the green beans, potatoes, tomatoes, cucumbers, olives, tuna, and peeled and halved eggs. Drizzle the remaining dressing over the salad. Serve immediately.



For more recipes, scan this QR code, or visit www.mygnp.com/recipes.

CHILDREN'S HEALTH

Tips for Packing Kids' Lunches



01

Pack a variety of foods.



02

Encourage dipping.



03

Mix up the sides.



04

Keep it fun.



05

Make it colorful.



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Product Spotlight



Start the school year strong with medicine cabinet must-haves from Good Neighbor Pharmacy.