



# Worcester Community Action Council Auburn HEAD START



## Happy Spring!

Just a reminder– April vacation is April 18-22. I hope everyone has a great week off!

April 28, we will be having a multi-cultural night. We will be trying foods from other countries that represent the diverse cultures we have here at Head Start. Each classroom will be learning about a different country. We will also be having Mr. Kim from Apple Tree Arts, come and perform for us. It should be a great event. We are looking for volunteers to help us cook for this event. If you are interested in helping us prepare food, please see Candi or MaryLou.

April 11-15 is the Week of the Young Child. This event is sponsored by NAEYC and celebrates early learning, young children and their families. Every day is a special activity planned. Music Monday, Tuesday is Taco Tuesday, Wednesday is Working Together Wednesday, Thursday is Artsy Thursday, and Friday is Family Friday. Feel free to incorporate these ideas at home as well! <https://www.naeyc.org/woyc> If you are interested in coming and helping in the classroom, please see your classroom teacher.

Please check your child's cubby for extra clothes– make sure they are weather appropriate and the correct size.

Please make sure you are calling before 9am when your child is going to be absent, so we can call in the lunch count. Also, pick up is at 12:30 for half day children, and 4 for full day. Please make sure you are on time– if there is an emergency and you will be late, please call us, so we are aware.



[www.WCAC.net](http://www.WCAC.net)



**National Infant Immunization Week (NIIW)** is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

## 2016 NIIW

NIIW, set for April 16-23, 2016, will be celebrated as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO). During WIW, all six WHO regions, including more than 180 Member States, territories, and areas, will simultaneously promote immunization, advance equity in the use of vaccines and universal access to vaccination services, and enable cooperation on cross-border immunization activities.

## Milestones Reached

Several important milestones already have been reached in controlling vaccine-preventable diseases among infants worldwide. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. In addition:

- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- In the 1950's, nearly every child developed measles, and unfortunately, some even died from this serious disease. Today, many practicing physicians have never seen a case of measles.
- Routine childhood immunization in one birth cohort prevents about 20 million cases of disease and about 42,000 deaths. It also saves about \$13.5 billion in direct costs.
- The National Immunization Survey has consistently shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It's easy to think of these as diseases of the past. But the truth is they still exist. Children in the United States can—and do—still get some of these diseases.

One example of the seriousness of vaccine preventable diseases is an increase in measles cases or outbreaks that were reported in 2014. The United States experienced a record number of measles cases, with 667 cases from 27 states reported to CDC's NCIRD. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

## Recommended Immunization Schedule for Persons Aged 0 Through 6 Years—United States • 2011

For those who fall behind or start late, see the catch-up schedule

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B <sup>1</sup>		HepB	HepB			HepB						
Rotavirus <sup>2</sup>				RV	RV	RV <sup>2</sup>						
Diphtheria, Tetanus, Pertussis <sup>3</sup>				DTaP	DTaP	DTaP	see footnote <sup>3</sup>	DTaP				DTaP
<i>Haemophilus influenzae</i> type b <sup>4</sup>				Hib	Hib	Hib <sup>4</sup>	Hib					
Pneumococcal <sup>5</sup>				PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus <sup>6</sup>				IPV	IPV		IPV					IPV
Influenza <sup>7</sup>							Influenza (Yearly)					
Measles, Mumps, Rubella <sup>8</sup>							MMR			see footnote <sup>8</sup>		MMR
Varicella <sup>9</sup>							Varicella			see footnote <sup>9</sup>		Varicella
Hepatitis A <sup>10</sup>							HepA (2 doses)				HepA Series	
Meningococcal <sup>11</sup>												MCV4

Range of recommended ages for all children

Range of recommended ages for certain high-risk groups

This schedule includes recommendations in effect as of December 21, 2010. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Considerations should include provider assessment, patient preference, and the potential for adverse events. Providers should consult the relevant Advisory Committee on Immunization Practices statement for detailed recommendations: <http://www.cdc.gov/vaccines/pubs/acip-list.htm>. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS) at <http://www.vaers.hhs.gov> or by telephone, 800-822-7967.

## April is STD AWARENESS MONTH.

The only way to avoid getting an STD is to not have vaginal, anal, or oral sex. If you are sexually active, or thinking of becoming sexually active, it is important that you **Talk. Test. Treat.** to protect your health. Understanding what you can do to lower your risk of getting infected is the first step. After all, STD prevention begins with you.

### TALK

Talk openly and honestly to your partner(s) and your healthcare provider about sexual health and STDs.

Talk with your partner BEFORE having sex. Not sure how? Make sure your discussion covers several important ways to make sex safer:

- Talk about when you were last tested and suggest getting tested together. If you have an STD (like herpes or HIV), tell your partner.
  - Agree to only have sex with each other.
- Use latex condoms the right way every time you have sex.

Talk with your healthcare provider about your sex life, and ask what STD tests you should be getting and how often.

- Not all medical checkups include STD testing, so unless you discuss if you're being tested, you shouldn't assume that you have been.

Vaccines for Hepatitis B and HPV vaccine are available. Ask your doctor whether these are right for you.

### TEST

Get tested. It's the only way to know for sure if you have an STD.

Many STDs don't cause any symptoms. If you're having sex, getting tested is one of the most important things you can do to protect your health.

Find out which STD tests CDC recommends that you should get. And remember, pregnancy doesn't protect against STDs. If you're having sex, you're still at risk.

If you're not comfortable talking with your regular healthcare provider about STDs, find a clinic near you that provides confidential and free or low-cost testing.

### TREAT

If you test positive for an STD, work with your doctor to get the correct treatment.

Some STDs can be cured with the right medicine from your doctor. It's important that you take all of the medication your doctor prescribes. To make sure your treatment works:

- Don't share your medicine with anyone, and
- Avoid having sex again until you and your sex partner(s) have each completed treatment.

Other STDs aren't curable, but they are treatable. Your doctor can talk with you about which medications are right for you.

Planned Parenthood

470 Pleasant St

Worcester MA

AIDS Project Worcester

85 Green St

Worcester MA

Family Health Center of Worcester

645 Park Ave.

Worcester MA



# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 Policy Council Southbridge 5pm	13 Parent Meet- ing Auburn 4pm	14	15	16
17	18	19	20	21	21 Earth Day	23
<b>SPRING BREAK— No School</b>						
24	25	26	27	28 Multi-Cultural Night 4pm	29	30

**Worcester Community Action Council**

**Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738**

**Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994**

**Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176**

**Call (508)765-4738 ext. 300 for Storm Announcements/Closures**