

Exercise

- Park your car **further away** from your destination, that way everyone gets a few more steps!
- **Walk to school.** If there's a safe route, use it and make it a habit.
- When watching TV as a family, turn commercial breaks into **fitness breaks.**
- Make household chores into a **game!** Exercise is much easier when it's **fun.**
- Crank up the **music.** Dancing is a great form of exercise.
- Go for a **walk** before or after dinner. Make it a daily thing.



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Source: South Dakota Department Of Health (<https://doh.sd.gov>)

Feel Well. Live Well.

Back To School



Be ready for back to school with healthy tips and vaccine information



national
IMMUNIZATION
awareness month



Vaccinations

How do vaccines work?

Vaccines help your body develop **immunity** to a disease without getting sick first.

They do this by introducing weakened or killed germs into your body so that your immune system can learn how to fight against them.

Are vaccines safe?

Vaccines are **very safe**. The U.S. Food and Drug Administration (FDA) ensures the safety, effectiveness, and availability of vaccines in the U.S.

Every vaccine that is approved has been studied extensively for safety and effectiveness.

Are vaccines required?

South Dakota requires certain immunizations for entry to **kindergarten** and **sixth grade**.

For more information, visit doh.sd.gov and click on the “Family & Child Development” button, and then the “Immunizations” link. There, you will find the latest requirements.

South Dakota Requirements

Kindergarten

- 4 doses of **diphtheria, pertussis, and tetanus (Tdap) vaccine**, with at least one dose administered on or after age 4.

Children ages 7 and older needing Tdap vaccinations only need 3 doses.

Children receiving 6 or more doses before age 4 do not require any more doses for school entry.

- 4 doses of **poliovirus vaccine**, with at least one dose on or after age 4.
- 2 doses of **measles, mumps, and rubella (MMR) vaccine** or submit evidence of immunity.
- 2 doses of **varicella vaccine**.

Sixth grade

- 1 dose of **diphtheria, pertussis, and tetanus (Tdap) vaccine**.
- 1 dose of **meningococcal (MCV4) vaccine**.

Haemophilus Influenzae B, Hepatitis A, HPV, Hepatitis B, and Pneumococcal vaccines are recommended but not required.

Age 16

- A second dose of **meningococcal (MCV4) vaccine** is recommended.

Healthy Eating

- **Prep** your produce for the week ahead, that way it's easy to add healthy fruits and veggies to your daily meals.
- Bring **snacks** with you on family trips, this will help avoid the urge to “drive-thru.”
- When eating out, watch out for menu options that are fried or battered. Choose **baked, broiled, or grilled** instead.
- **Involve kids** in shopping for healthy foods. Have them help with picking out items, reading ingredient labels, and preparing family meals.
- Create **simple, healthy, and playful** school lunches that are bite-sized and fun.
- Try **gardening** together, kids love digging through the dirt and they're more likely to eat the veggies.

