

Dear Parents/Guardians,

California State Law requires that all children aged 5.9 – 6.2 years must have written evidence of having had a CHDP health exam for school entry. This law applies to all children, including those who are under specialized care.

The health exam can be obtained:

1. At your usual source of medical care.
2. At your local Public Health Department. The cost is under \$20.00 for a complete exam.

Richmond

(510) 374-3101

Central

(925) 646-5260

Pittsburg

(925) 427-8034

3. At **NO COST TO YOU** if your family's income falls within specific guidelines for example a family of four can earn up to \$27,000/year and qualify. Call the Child Health and Disability Prevention Program (CHDP).

If you need further assistance or have any questions regarding your child's school entrance health exam, **call your child's school** or the CHDP Program at (925) 313-6250.

# PARENTS' GUIDE TO SCHOOL ENTRANCE HEALTH REQUIREMENTS

## Children Starting School For the First Time Need:

**\*A Health Exam**

**\*Immunizations (Shots)**

**\*Tuberculosis (TB) Skin Test**

**STATE LAW REQUIRES EACH CHILD TO HAVE A HEALTH EXAM**  
*(Your child's school will request proof of examination before your child enters Kindergarten or first grade.  
The School District will determine when the examination form is due.)*

### THE HEALTH EXAM SHOULD INCLUDE:

- a complete physical, nutrition, and growth check
- a vision and hearing test
- immunizations
- TB test
- other tests as needed

**WHY? Because a health examination is required by law. The health examination** can uncover hidden health problems that can keep your child from doing his/her best in school. Immunizations protect your child against diseases. A TB skin test screens your child for tuberculosis. By law, the School District must exclude children from school who do not have a health examination record on file with the school within the time determined by the School District.

**WHEN?** Your child may have the health exam as early as **six months before starting Kindergarten and up to 3 months after starting first grade.** Some School Districts may require it upon registration.

**WHERE?** Your child may have the health exam from:

- ☺ Your family doctor
- ☺ Your child's pediatrician
- ☺ Your Health Plan
- ☺ Military Base
- ☺ CHDP Providers
- ☺ Community Clinics (see below)

## NO COST HEALTH EXAM

If your Family is low income and needs health insurance, your child may be eligible to get the exam at no cost to you. If your child is eligible the CHDP Gateway program will link your child with temporary Medi-Cal. Call the Child Health & Disability Prevention Program (CHDP) at 925-313-6150 for eligibility information or assistance finding a doctor.

### Community Clinics in Contra Costa Include:

La Clinica Pittsburg  
2240 Gladstone Drive # 4  
Pittsburg 925-431-1230

La Clinica Monument  
2100 Monument Blvd  
Pleasant Hill 925-363-2000

Brookside Community Health Center  
2023 Vale Road Suite 107  
San Pablo 510-215-9092

Brookside Clinic (opening May 2004)  
1149 McDonald Ave  
Richmond 510-215-9092



**CCRMC Appointment Line for the following  
Health Centers: 1-800-495-8885**

Antioch Health Center  
3505 Lone Tree Way # 1 Antioch

Bay Point Health Center  
215 Pacifica Ave. Bay Point

Brentwood Health Center  
118 Oak St. Brentwood

Concord Health Center  
3052 Willow Pass Rd. Concord

Martinez Health Center  
2500 Alhambra Ave. Martinez

N. Richmond Center for Health  
1501 3<sup>rd</sup> St. Richmond

Pittsburg Health Center  
2311 Loveridge Rd. Pittsburg

Richmond Health Center  
38<sup>th</sup> & Bissell Ave. Richmond

# Health Information

## School Health

It is necessary that every child, prior to entering Kindergarten, have a complete medical examination. The medical history and health exam forms are attached and will be retained in the files. The following documents must be completed and on file in the school office in order to comply with State and Diocesan requirements:

1. A complete physical exam by your physician prior to school entry. Physical exam *must be completed no earlier than 6 months prior to the first day of school.* "Report of Health Examination for School Entry", *white form*, is to be completed by your physician.
2. A copy of immunizations. *See guide to the Requirements of the California School Immunization Law for Grades K-12.*
3. A copy of current TB test. *See Guidelines for new Student TB Screening.*

## Guidelines for New Student TB Screening

**Prior to the First Day of School:** Parents must provide **verified proof** to the school, of completed current TB test, Mantoux PPD, documented by a health care professional to the school.

Requirements for students are as follows:

1. Kindergarten entrant: PPD skin test completed on or after the 4<sup>th</sup> birthday.
2. Students below 6<sup>th</sup> Grade transferring from schools within Alameda or Contra Costa County: Documented Kindergarten PPD is adequate.
3. Students transferring into any grade from outside Alameda or Contra Costa County and/or *all transfer students entering 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> Grades:* a new PPD skin test is required.

# Immunizations

Please refer to the “**Guide to the Requirements of the California School Immunization Law for Grades K – 12**” in your packet.

## Immunizations Needed for 7<sup>th</sup> Grade Entry Required by California State Law

1. A second dose of measles, mumps, and rubella *commonly known as MMR.*
- &
2. **Either** completion of the 2-dose Hepatitis B Series given only to 11-15 year olds. *This is not the same as the 3-dose series! 2-dose is considered completed and must be accompanied by the doctor’s signature to verify this is the 2-dose type.*
3. **Or**, completion of the 3-dose Hepatitis B Series. All 3 doses are considered completed.

# Grades K-12



**REFERENCE** 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

**INSTRUCTIONS** Post this guide on a wall or desktop as a quick reference to help you determine whether children seeking admission to your school meet California's school immunization requirements. If you have any questions, call the Immunization Coordinator at your local health department.

**IMMUNIZATION REQUIREMENTS** To enter or transfer into public and private elementary and secondary schools (grades kindergarten through 12), children under age 18 years must have immunizations as outlined below.

**VACCINE**

**REQUIRED DOSES**

**Polio**

**4 doses at any age, but...** 3 doses meet requirement for ages 4–6 years if at least one was given on or after the 4th birthday<sup>1</sup>; 3 doses meet requirement for ages 7–17 years if at least one was given on or after the 2nd birthday.<sup>1</sup>

**Diphtheria, Tetanus, and Pertussis**

*Age 6 years and under (Pertussis is required)*  
DTP, DTaP or any combination of DTP or DTaP with DT (diphtheria and tetanus)

*Age 7 years and older (Pertussis is not required)*  
Td, DT, or DTP, DTaP or any combination of these

7th grade  
Td booster

**5 doses at any age, but...** 4 doses meet requirements for ages 4–6 years if at least one was on or after the 4th birthday.<sup>1</sup>

**4 doses at any age, but...** 3 doses meet requirement for ages 7–17 years if at least one was on or after the 2nd birthday.<sup>1</sup> If last dose was given before the 2nd birthday, one more (Td) dose is required.

**1 dose** not required but recommended if more than 5 years have passed since last DTP, DTaP, DT, or Td dose.

**Measles, Mumps, Rubella (MMR)**

Kindergarten  
7th grade  
Grades 1–6 and 8–12

**2 doses<sup>2</sup>** both on or after 1st birthday.<sup>1</sup>  
**2 doses<sup>2</sup>** both on or after 1st birthday.<sup>1</sup>  
**1 dose** must be on or after 1st birthday.<sup>1</sup>

**Hepatitis B**

Kindergarten  
7th grade

**3 doses**  
**3 doses<sup>3</sup>**

**Varicella**

Kindergarten  
Out-of-state entrants (grades 1–12)

**1 dose<sup>4</sup>**  
**1 dose** for children under 13 years; 2 doses are needed if immunized on or after 13th birthday.<sup>4</sup>

<sup>1</sup> Receipt of the dose up to (and including) 4 days before the birthday will satisfy the school entry immunization requirement.

<sup>2</sup> Two doses of measles-containing vaccine required. One dose of mumps and rubella-containing vaccine required; mumps vaccine is not required for children 7 years of age and older.

<sup>3</sup> Two doses of the 2-dose hepatitis B vaccine formulation along with provider documentation that the 2-dose hepatitis B vaccine formulation was used for both doses and both doses were received at age 11–15 years will also fulfill this requirement.

<sup>4</sup> Physician-documented varicella (chickenpox) disease history or immunity meets the varicella requirement.

**EXEMPTIONS**

The law allows (a) parents/guardians to choose an exemption from immunization requirements based on their personal beliefs, and (b) physicians of children to elect medical exemptions. The law does not allow parents/guardians to elect an exemption simply because of inconvenience (a record is lost or incomplete and it is too much trouble to go to a physician or clinic to correct the problem). See the back of the blue California School Immunization Record (PM 286) for instructions and the affidavit to be signed by parents/guardians electing the personal beliefs exemption. For children with medical exemptions, the physician's written statement should be stapled to the CSIR. Schools should maintain an up-to-date list of pupils with exemptions, so they can be excluded quickly if an outbreak occurs.

**PUPILS NOT MEETING REQUIREMENTS**

Refer pupils who do not meet these State requirements to their physician or local health department. Give families a written notice indicating which doses are lacking.

**DOCUMENTATION** All children must present an immunization record.



**What is it?** It is a written immunization record, either a personal record with entries made by a physician or clinic, or a school immunization record—the blue California School Immunization Record (PM 286) from a former school or another state’s school record. It must include at least the month and year each dose was received; for measles, rubella, and/or mumps vaccine given in the month of the first birthday, month, day, and year are required. A record with check marks instead of dates or saying only “up-to-date,” “all requirements met,” or “series complete” is inadequate. Also, parents cannot simply fill out a California School Immunization Record from memory but must present a written immunization record. Further, the record must show that all due vaccine doses have been received.

**Who must present it?** All children under age 18 years entering school or transferring between school campuses. Kindergarten entrants and entrants from outside the U.S. must present a personal immunization record. (Kindergarten entrants can present a California School Immunization Record from a child care center they previously attended, but this record usually will not include the final “booster” polio and DTP or DTaP vaccine doses or the second measles-containing vaccine dose.) Children transferring from other schools in California or other states must present either a personal immunization record or a state school immunization record. As of July 1, 1999, students entering 7th grade must present a personal immunization record so that the 7th grade requirement immunization dates can be added to the student’s school immunization record.

**When must it be presented?** Kindergarten entrants, 7th grade entrants, and entrants from outside the U.S. must present the record at or before entry; no “grace period” of attendance is allowed for these pupils if they do not have a record. Children transferring from other schools in California or other states, or entering at other grade levels may be given up to 30 school days of attendance while waiting for their records to arrive from the previous school.

**What do schools do with it?** School staff must transcribe the immunization dates onto the California School Immunization Record (CSIR or blue card; PM 286), which is available from local health departments. School staff should then review the blue card to determine whether all immunization requirements have been met. The blue card is part of the child’s Mandatory Permanent Pupil Record and must be transferred to the child’s new school when he/she leaves your school. Although some vaccine doses are not required, please record dates of all doses from the child’s personal immunization records on to PM 286. This information will be valuable should outbreaks of these diseases occur in your school.

**CONDITIONAL ADMISSIONS**

Children who lack one or more required vaccine doses that are not currently due may be admitted on condition that they receive the remaining doses when due, according to the schedule below. If the maximum time interval between doses has passed, the child must be excluded until the next immunization is obtained.

VACCINE	TIME INTERVALS BETWEEN DOSES
Polio	2nd dose: 6–10 weeks after 1st dose 3rd dose: 6 weeks to 12 months after 2nd dose
DTP, DTaP, DT, Td Under 7 years (DTP, DTaP, DT)	2nd dose: 4–8 weeks after 1st dose 3rd dose: 4–8 weeks after 2nd dose 4th dose: 6–12 months after 3rd dose
Age 7 years and older (Td)*	2nd dose: 4–8 weeks after 1st dose 3rd dose: 6–12 months after 2nd dose
MMR	2nd dose: 1–3 months after 1st dose
Hepatitis B for 3-dose formulation	2nd dose: 1–2 months after 1st dose 3rd dose: 2–6 months after 2nd dose and at least 4 months after 1st dose
for 2-dose formulation (7th grade entry for child 11 through 15 years old)	2nd dose: 4–8 months after 1st dose
Varicella (unimmunized out-of-state entrants ≥13 years old)	2nd dose: 4 weeks to 3 months after 1st dose

\* Note: DTP, DTaP, DT doses received previously are counted toward meeting the 3-dose tetanus-diphtheria immunization requirement for this age group.