

FOR IMMEDIATE RELEASE:

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Immunization and Sports Physicals

Madelia, Minn. – With school starting soon, the Madelia Community Hospital & Clinic is reminding parents to make sure that their child is current on all necessary immunizations, and that student athletes are up-to-date on their sports physicals.

Immunizations: Children in child care and grades preK through 12 now call for:

- Hepatitis A (Hep A) and Hepatitis B (Hep B) vaccination for children enrolling in child care or early childhood programs.
- Rotavirus (RV), Haemophilus influenzae type b (Hib), and Pneumococcal (PCV) for infants
- Diphtheria, Pertussis, Tetanus (Dtap/DT/T-dap) vaccinations.
- Polio (IPV) and Measles, Mumps, Rubella (MMR) vaccinations
- Varicella if a child has not already had the chickenpox disease.
- Meningococcal vaccine (MCV) and booster is required for secondary students, beginning in seventh grade.

Human Papillomavirus (HPV) immunizations are recommended for boys and girls starting at 11 years of age (about 7th grade). Given in a series of three shots, this vaccine prevents most cervical cancer and certain types of other cancers. Annual influenza immunizations are also recommended each fall for children age 6 months and older and their parents.

“Childhood vaccinations protect children and communities from a number of potentially serious diseases and are an important part of keeping our citizens healthy,” said Cameron Ryer, Nurse Practitioner. If your child has fallen behind on their vaccinations, or you have any questions about his or her immunization needs, check with your medical provider.

Sports Physicals: The Minnesota State High School League requires all student athletes entering grades seven or 10, or those who are just starting to play sports for the first time to have a sports physical. A sports physical is performed by a medical professional to ensure that the athlete is healthy enough to participate in sports. A medical history is taken which includes questions about past hospitalizations and surgeries, family

illnesses, allergies and medications. During the physical exam, height, weight, blood pressure, vision, heart, lungs, abdomen, ear, nose and throat are checked. The provider will also assess flexibility, strength and posture, and may also discuss bodily changes, drug/alcohol use, and dietary supplements. These exams can identify any concerns or potential health limitations related to sports participation. A regular physical with your primary care provider is still important and is typically more comprehensive than a sports physical.

Appointments for physicals or immunizations can be made at the Madelia Community Hospital & Clinic by calling 507.642.5200.

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About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is an independent, nonprofit facility staffed by a team of physicians and medical professionals that are profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed critical access hospital, we offer all the primary health services including: medical/surgical care, swing bed, home care, radiology, emergency care, urgent care, direct access laboratory and physical therapy, and more. Our attached family medical clinic provides care for acute illnesses, minor injuries, chronic disease management, physicals and immunizations, and preventive care for patients of all ages. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.