

FOR IMMEDIATE RELEASE:

August 1, 2019

## **Reminder to get Student Immunization and Sports Physicals**

**Madelia, Minn.** – It won't be long until school buses are on the streets and our calendars are full of school activities. 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 age 11 (about 7<sup>th</sup> 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 are an important part of keeping the people of our community healthy. They protect us against many potentially serious diseases,” 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:** Through August 30, MCHC is offering free sports physicals for athletes that attend Lake Crystal Wellcome Memorial, Madelia, St. James or Truman high schools. The Minnesota State High School League requires all student athletes entering grades seven or ten, or those who are just starting to play sports for the

first time to have a sports physical. Prior to coming for the appointment, athletes should print, complete, and sign the Minnesota State High School League (MSHSL) Sports Physical Form. The form is available on the MSHSL website at <https://bit.ly/2XVBkvh>. A link can also be found on the MCHC website under the Events tab.

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.