NURSE NEWS

CLYDE HILL ELEMENTARY

JANUARY 7

Changes to Immunization Recommendations

You may have seen in the news that the CDC has updated its recommendations for several childhood vaccines. What does this mean for your student's required school immunizations?

At this time, nothing.

The Washington State Department of Health (DOH) put out the following statement: "**In** Washington, our commitment to evidence-based public health has not changed. State immunization recommendations, aligned with the American Academy of Pediatrics, are based on decades of research showing vaccines are effective and essential for protecting health. Thanks to high vaccination rates, children in the U.S. experience far fewer severe illnesses and hospitalizations than they would without these vaccines. We strongly encourage families to keep their children up to date on recommended vaccinations and to talk with trusted health care providers about any questions or concerns."

The DOH and the West Coast Health Alliance put out a statement confirming that Washington, and thereby the Bellevue School District, will continue to follow the existing childhood and adolescent immunization recommendations in alignment with the American Academy of Pediatrics.

Quick Fact: Washington and BSD have not changed their required childhood immunizations for school.

Read the full statement here
School vaccine requirements
Learn more about the specific vaccine-preventable diseases here.
What is the West Coast Health Alliance?
Visit MyIRMobile.com to see your student's immunization history.

Too Sick for School

In general, if your student is contagious or cannot participate in even a modified schedule of learning, they should stay home. Otherwise, they should be encouraged to come to school.

BSD Too Sick for School
Quick Fact: Prevent the spread: Wash hands. Use hand sanitizer. Cover your cough. Mask up. Stay home with New or Worsening symptoms arise.

Flu Tracking

Subclade K is a variant of the H3N2 virus, which is itself a subtype of influenza A. At Seattle children's, all influenza A detections were H3N2, and 90% of those were subclade A. The new variant emerged after the strains for this year's flu vaccine were selected. This means it's different enough to partially evade some pre-existing immunity and vaccine protection. *However*, evidence suggests a 72-75% vaccine effectiveness in protecting against severe disease in children.
A Tale of Two Flu's – a quick read
Quick Fact: This flu season is going to be bad. The flu vaccine this year isn't 100%, but good enough to be worth getting.

A Unique CLYDE HILL Vision Exam Opportunity

If you received notice for a failed eye exam from School Nurse Amy…Dr. Sutro OD, of the Eye See Clinic and Near Vision Institute, will be providing an IN-SCHOOL vision clinic for the students of Clyde Hill Elementary!

Tuesday, January 20, 2026… 9:30am-2:30pm, Clyde Hill

Dr. Sutro can provide vision screenings, eye exams, eyeglasses, functional vision evaluations, and remote therapy solutions for vision dysfunctions. Eye care for your student can continue beyond the in-school clinic! Contact School Nurse Amy Borberg BSN RN, borberga@bsd405.org or call 425-456-5003 to reserve your spot for limited space!