

# Nurse's Notes

June 2020



## Bicycle Safety

As the weather has warmed up, I have seen many families riding their bicycles throughout the neighborhoods. While it provides a means of transportation as well as a great form of exercise it is extremely important to make sure both adults and children practice bicycle safety at all times. Every bike ride begins with putting on a helmet. But it's equally important that you ensure a proper fit so your helmet can best protect you. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. Click [here](#) for additional information regarding helmet safety. The CDC also offers information regarding Bicycle Helmet Safety - click [HERE](#) for additional information.

Remember a person on a bicycle has the same rights and responsibilities as a person behind the wheel of a vehicle. Click [here](#) to review important safety tips before you go biking.

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Make sure your bicycle is the right fit for you and is in good working order. Before riding, inflate tires properly and check that your brakes work.

No matter the time of day, make sure you are visible to the motorists. Fluorescent, neon or other bright colors increase your visibility to drivers. Reflective tape and markings or flashing lights are a great way to increase visibility. Avoid riding at night, because it makes it more difficult to be seen.

New Jersey has regulations that must be followed for your safety. These can be found by clicking [HERE](#)

## Immunizations

Stay-at-home and shelter-in-place orders have resulted in declines in outpatient pediatric visits and fewer vaccine doses being administered, leaving children at risk for vaccine-preventable diseases. As states develop plans for reopening, it is important to follow-up with your family physician and make sure that your children are up to date with their vaccinations.

Incoming 6th graders who are 11 must be vaccinated with one dose of Tdap (tetanus, diphtheria, acellular pertussis) and one dose of Meningococcal vaccine per the New Jersey Department of Health and Senior Services immunization regulation (N.J.A.C. 8:57-4 and 8:57- 6). Information regarding these vaccinations can be found here for [Tdap](#) and here for [Meningococcal](#).

Another important immunization that you can discuss with your family physician is the HPV or Human Papillomavirus. The HPV vaccine can be given to boys and girls and can help prevent human papillomavirus, which is a common virus that can lead to several types of cancers later in life. Click [here](#) for more information regarding HPV from the CDC.

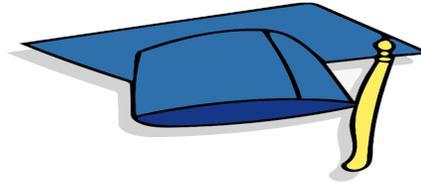
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As the school year winds down, I want to wish you all a happy, healthy and safe summer! I miss seeing you all and wish you all the best!

To all our graduating 8th graders, I wish you much success and happiness as you enter high school!

Be well and be safe,

Mrs. Osucha



## References

<https://www.nhtsa.gov/bicycle-safety/learn-bike-safely>

[https://www.safekids.org/sites/default/files/documents/bike\\_safety\\_tips\\_2019.pdf](https://www.safekids.org/sites/default/files/documents/bike_safety_tips_2019.pdf)

[https://www.cdc.gov/headsup/pdfs/helmets/HeadsUp\\_HelmetFactSheet\\_Bike\\_508.pdf](https://www.cdc.gov/headsup/pdfs/helmets/HeadsUp_HelmetFactSheet_Bike_508.pdf)

<https://www.state.nj.us/transportation/commuter/bike/regulations.shtm>

<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html#why-vaccinate>

[https://www.cdc.gov/meningococcal/vaccine-info.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fmeningococcal%2Findex.html](https://www.cdc.gov/meningococcal/vaccine-info.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fmeningococcal%2Findex.html)

<https://www.cdc.gov/hpv/parents/vaccine.html>