



## Mayo Clinic Minute: Back-to-school vaccination check-up

As schools are getting ready for students to return, it's important for parents to think about their children's back-to-school vaccination checklist.

Dr. Nipunie Rajapakse, who specializes in pediatric infectious diseases at Mayo Clinic's Children's Center, says that parents should check with their primary healthcare team to make sure their children's regular vaccinations are up to date before school starts.

Video	Audio
	After a summer of fun, kids are returning to the classroom and that means close contact with each other.
Nipunie Rajapakse, M.D. Pediatric Infectious Diseases Mayo Clinic	"That's really the perfect setup for infections to start to circulate. Getting them vaccinated, making sure that they're up to date on all their routine vaccinations not only helps to protect them, but it helps to protect everyone else that might be in their classroom as well."
	Dr. Nipunie Rajapakse says those routine vaccinations help protect against many preventable illnesses.
	"Like tetanus, whooping cough, measles, mumps, rubella and chickenpox.
	Vaccines, she says, help our immune system combat serious infections and limit the risk of serious illness.
	"They're a way to train our immune system to recognize these pathogens, so that if you do ever come across them, our immune system already knows how to fight them off.
	And early protection helps prevents future illness.
	"These are all really safe and effective vaccines that help keep our kids safe in our classroom safe."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.