

## **Keeping Your Child Healthy**

Although your IRP/Transplant team will continue to provide you with support and education, it's up to you to follow their advice and provide them with your observations as a parent or caretaker.

### **Immunizations**

Whenever possible, your child's immunizations should be given according to the well-child schedule. It is extremely important that your child receive the influenza vaccine annually. If transplanted, your child should not receive any immunizations until six months after transplant. Anyone who lives in your child's home should not receive live vaccines (Varicella or MMR) until six months after transplant.

### **Cleanliness At Home**

The most important guard against germs and infections for your child is consistent hand washing for all family members. Your child should avoid direct contact with people you know to be sick with colds or flus. Keep cuts and scratches and any open areas in the skin clean and dry. Inspect the regularly for any signs of infections, and notify the IRP team if any changes occur.

### **Dental Check-Ups**

Regular dental check-ups are important every six months to prevent infection and ensure healthy teeth, but should be avoided for the first six months after transplant.

### **School**

School is an important part of your child's life. Your child is encouraged to return to school as soon as possible. It is important for the school nurse to be informed if your child needs to take any medications or receive any other care throughout the school day. If the school nurse has questions regarding your child's medical care, please provide him/her with the IRP contact numbers.

### **Activities**

Your child may resume normal activities as soon as he or she feels well enough to do so. Gym class and extracurricular sports can be resumed as soon as your child is well enough to participate in these activities. After transplant, contact sports such as soccer and football should be avoided for the first six months.