



IMMUNIZATIONS, SCHOOL & SPORT PHYSICALS INFORMATION

GUIDANCE FOR IMMUNIZATIONS & PHYSICALS BASED ON YOUR MEDICAL COVERAGE

For students whose children will be attending Arlington Public Schools, to include (but not limited to) Hoffman-Boston & Oakridge Elementary Schools, Gunston Middle School, and Wakefield High School there are five medical requirements you must complete.

1. **Physical Examinations:** all schools will require a physical examination be completed for all school age children within a year of them enrolling into school. Most Virginia schools will require the school physical be completed on the [Commonwealth of Virginia School Entrance Health Form](#) (PDF), however, the schools above have agreed to accept your child's DD Form 2807-1 (Report of Medical History) and 2808 (Report of Medical Examination) for the school physical form. For this reason, you should not need another school physical unless, your child did not have one done prior to living your home country (which should have not happened) or he/she intends on playing sports, as sports physicals are different than school physicals. Please make sure the exam was completed within a year and the physician's signature and medical recordings are clear, otherwise you may have to redo your child's physical exam.
2. **Immunizations:** your child must have/meet the minimum immunization requirements as scheduled and outlined by the Center for Disease Control (CDC), American Academy of Pediatrics and, and the American Academy of Family Physicians to be enrolled in school. The required immunizations are: the Tetanus/Diphtheria/Pertussis (usually given together in one injection as dTap), Mumps/Measles/Rubella (MMR), Hepatitis B, Polio, and Varicella ("Chicken Pox") but a documented history of varicella with Month/Year and description of the rash may exempt student from this vaccination). To view the School and Day Care Minimum Immunization Requirements in detail, please visit:
<http://www.vdh.virginia.gov/epidemiology/immunization/requirements.htm>

Vaccinations that are incomplete will need to be finished on a prescribed schedule; students will not be kept from attending school for incomplete vaccinations as long as the schedule for finishing vaccinations is maintained. Most of your insurance companies will not cover school physicals or immunizations; however, a school physical isn't necessary if your child's medical exam was performed prior to departure and a free clinic in Arlington performs free vaccinations for all children regardless of insurance status. The Arlington County Public Health Division sponsors the free Immunizations Clinic every week. See the Arlington County Public Health Division section [on page 3](#) for more details or visit their website at:
<http://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>

Additional vaccinations to prevent Hepatitis A, Meningitis, and Human Papilloma virus infection will also be offered in the immunization clinic but they are not required for school entry.

3. **Tuberculosis Screening:** all students entering Arlington Public Schools (APS) are required to have a TB screening by their physician during their physical or by the Immunization Clinic on arrival. The screening assesses the risk for exposure to TB. If the risk assessment indicates the possibility of exposure (due to country of birth or exposure to people with TB), a TB skin test is required regardless of any history of BCG vaccination for the student to rule out TB infection (also the BCG immunization can wear off over time). If the TB skin test is negative, the child may enroll in school as normal.

If the TB skin test is positive, but the student has *no* symptoms of TB (cough, fever, chills, night sweats, weight loss, appetite loss), they may begin school but must have a normal x-ray result within two weeks in order to remain in school. Otherwise, the student will need to remain home until active TB is ruled out.

A **Tuberculosis Screening Certificate** ([PDF](#)) must be completed within the 12 months prior to school entry. This documentation must be signed by a physician, nurse practitioner, registered nurse, or local health department official. The documentation must include verification of a negative risk assessment or the results of a tuberculin skin test (TST) done within the prior 12 months. The original documentation must be submitted to the child's school.

4. **Sports Physicals:** if your child is an athlete or plans to play sports while in school or as a part of a club/ afterschool activity, they will need a sports physical. A sports physical is different than a school physical; a sports physical focuses on an athlete's health history and physical exam only as it relates to sports and is much more limited than a regular physical, and therefore does not take the place of a regular check-up. However, a regular physical addresses your child's overall well-being, which often includes things that are unrelated to sports. For students who plan to participate in high school sports, the **VHSL physical form for high school athletic eligibility** ([PDF](#)) must be completed.

Again, your insurance company will more than likely not cover sports physicals so this may be an out-of-pocket expense for you, sports physicals are usually about \$60/child depending on where you go. Please see the options for School & Sports Physical on [page 3](#).

5. **Special Needs, Allergies & Other Special Attention Items:** If your child will need medications or special procedures during school, you may visit the Arlington County School Health webpage for additional forms, including a Severe Allergy Care Plan at:
<http://www.arlingtonva.us/departments/HumanServices/PublicHealth/SchoolHealth/page58378.aspx>

Questions can be answered by the nurse at each Arlington school or by the school health office at 703-228-1626 or 1653.

IMMUNIZATION CLINIC INFORMATION

The Arlington County Public Health Division runs a **free** Immunization Clinic every week. Their hours of operation are: Tuesday (1500 – 1830), Wednesday (0900 – 1230), and Friday (0730 – 1100). The Immunization Clinic is located at 2100 Washington Blvd. 2nd floor, (Sequoia Plaza). No appointments are necessary, but remember to bring your medical and immunization records with you. I recommend visiting the immunization clinic prior to performing physicals. For more information: <http://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>

SCHOOL & SPORTS PHYSICAL INFORMATION

The information regarding school and sports physicals are broken down by your medical/insurance coverage type. Please pay special attention to your medical coverage/insurance type and directions for how to find medical care based on your family's medical coverage; where you can go for medical care is determined by your medical coverage and/or insurance type.

Reciprocal Health Care Agreements (RCHAs) Families: are authorized medical treatment at military hospitals **only**, at no cost; RCHA's do not cover medical care in civilian hospitals (or the IMS only their dependents). For this reason, you can go to either Fort Belvoir's Pediatric Clinic or Walter Reed's Pediatric Clinic for child care appointments at no charge. At either location you will be able to receive school and sports physicals for free for your children. Remember to bring your completed health and immunization history records with you (DD Forms 2807-1 and 2808).

- Location: Fort Belvoir Pediatric Clinic, River Pavilion, 1st floor, Reception Desk 3, 9300 DeWitt loop, Fort Belvoir, VA 22060. To schedule an appointment call: (571) 231-1015 or (855) 227-6331 (the general appointment line for all military hospitals in the DMV). Their hours of operation are: Weekdays, Monday-Friday from 0730 to 1600 and they are closed on the weekends.
- Location: Walter Reed National Military Medical Center – Pediatric Clinic, America Building, 4th floor, 8901 Rockville Pike, Bethesda, MD 20814. To schedule an appointment call: (301) 295-4941/4900 or (855) 227-6331 (the general appointment line for all military hospitals in the DMV). Their hours of operation are: Weekdays, Monday-Friday from 0730 to 1600 and they are closed on the weekends.
- Special Note: TRICARE Online is a system that allows patients to manage medical information, schedule appointments, and access health education information, you do not have access to this system, as only TRICARE Prime members have access to TRICARE Online. You are not TRICARE

members, so please explain this to the doctor and request an alternative method for retrieving paper copies of your medical records or examination results. If you do not, they will submit your medical records to TRICARE Online and you will not be able to access your information.

- RCHA countries: Argentina, Canada, Chile (exp. 11/3/16), Dominican Republic, Ecuador, El Salvador (exp. 5/16/17), France (exp. 6/19/17), Georgia (exp. 2/18/17), Germany (exp. 4/6/17), Guatemala (exp. 4/16/16), Honduras, Mexico (exp. 5/21/17), Morocco (exp. 7/30/16), Peru, Romania, Tunisia (exp. 5/30/16), Ukraine, United Kingdom (exp. 10/29/2017), and Uruguay.

NATO Status of Forces Agreements (SOFAs) and Partnerships for Peace (PfP) Families:

NATO SOFA and PfP agreements only provides medical coverage for outpatient medical treatments **only**. For this reason supplemental coverage is required for inpatient/civilian medical care for NATO/PfP SOFA dependents (and IMS). Since school and sports physicals are considered outpatient care, therefore is no cost for either. For this reason, you can go to either Fort Belvoir's Pediatric Clinic or Walter Reed's Pediatric Clinic for child care appointments at no charge. At either location you will be able to receive school and sports physicals for free for your children. Remember to bring your completed health and immunization history records with you (DD Forms 2807-1 and 2808).

- Location: Fort Belvoir Pediatric Clinic, River Pavilion, 1st floor, Reception Desk 3, 9300 DeWitt loop, Fort Belvoir, VA 22060. To schedule an appointment call: (571) 231-1015 or (855) 227-6331 (the general appointment line for all military hospitals in the DMV). Their hours of operation are: Weekdays, Monday-Friday from 0730 to 1600 and they are closed on the weekends.
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- Special Note: TRICARE Online is a system that allows patients to manage medical information, schedule appointments, and access health education information, you do not have access to this system, as only TRICARE Prime members have access to TRICARE Online. NATO & PfP SOFA families are considered TRICARE Standard members and not PRIME, and therefore will not have access to this system. So please explain this to the doctor and request an alternative method for retrieving paper copies of your medical records or examination results. If you do not, they will submit your medical records to TRICARE Online and you will not be able to access your information.
- NATO & PfP SOFA Countries: Albania, Armenia (PfP), Austria (PfP), Azerbaijan (PfP) Belgium, Bosnia & Herzegovina (PfP), Bulgaria, Canada, Croatia, Czech Republic, Denmark, Estonia, Finland

(PfP), France, Georgia (PfP), Germany, Greece, Hungary, Iceland, Italy, Kazakhstan (PfP), Latvia, Lithuania, Luxembourg, Macedonia (PfP), Montenegro (PfP), Netherlands, Norway, Poland, Portugal, Romania, Russia (PfP), Serbia (PfP), Slovakia, Slovenia, Spain, Sweden (PfP), Switzerland (PfP), Tajikistan (PfP), Turkey, Turkmenistan (PfP), Ukraine (PfP), United Kingdom, and Uzbekistan (PfP).

IMET & CTFP Funded IMS w/ Private Dependent Insurance Families:

Unless stated in your policy, your insurance probably does not cover school/sports physicals or immunizations, more than likely these will be an out-of-pocket expense for you. However, there are options to receive free care and or reduce the cost of medical care by following the directions below:

1. **If you're insurance does not cover school/sports physical at all**, you will have to pay this cost out-of-pocket. However, school/sports physicals are somewhat inexpensive and can range from \$40 - \$70/child depending on where you go.
 - You can go to military hospitals like Walter Reed or Fort Belvoir if you choose, but please remember once the bill is generated you will be responsible for paying it. Remember to bring your completed health and immunization history records with you (DD Forms 2807-1 and 2808).
 - o Location: Fort Belvoir Pediatric Clinic, River Pavilion, 1st floor, Reception Desk 3, 9300 DeWitt loop, Fort Belvoir, VA 22060. To schedule an appointment call: (571) 231-1015 or (855) 227-6331 (the general appointment line for all military hospitals in the DMV). Their hours of operation are: Weekdays, Monday-Friday from 0730 to 1600 and they are closed on the weekends.
 - o Location: Walter Reed National Military Medical Center – Pediatric Clinic, America Building, 4th floor, 8901 Rockville Pike, Bethesda, MD 20814. To schedule an appointment call: (301) 295-4941/4900 or (855) 227-6331 (the general appointment line for all military hospitals in the DMV). Their hours of operation are: Weekdays, Monday-Friday from 0730 to 1600 and they are closed on the weekends.
 - You can also go to CVS or Walgreens' "Minute Clinics" and see a physician there who can perform the sports/school physical. You will be expected to be at the front desk/reception desk when you arrive or after the service has been rendered. Remember to bring your completed health and immunization history records with you (DD Forms 2807-1 and 2808).
 - o CVS: 1201 S. Hayes St., Suite C, Arlington, VA 22202 – Hours of Operation: M-F 0900-2000 (lunch 1400-1500 not available), Sat 0900 – 1730 (lunch 1300-1330 not available), Sun 1000-1730 (lunch 1300-1330 not available); Please note that last patient sign in at our registration kiosk is 15 minutes prior to the clinic closing to allow time for the last clinical visit. We will stop accepting new sign ins earlier if the number of patients registered and waiting extends past the clinic closing time. Sports physical \$59/child; insurance is not accepted for physicals at the "Minute Clinic" and payment is due at the time of visit.

- Sign in at the electronic kiosk to see a nurse practitioner or physician assistant, no appointment is necessary.
- The practitioner will review your child's medical history and immunizations and perform a simple physical exam to determine if your child is safely able to participate in their chosen sport.
- Your child's practitioner may conduct a urinalysis if required. Please note that additional charges apply for these tests.
- At the end of your visit, your practitioner will stamp any medical forms required and also provide you with a summary, a receipt and educational material.
- The summary of your visit can be sent to your primary care provider with your permission.

For more information: <http://www.cvs.com/minuteclinic/services/wellness-and-physicals/sports-physicals/N-d8ZbtogZd5>

2. **If you're insurance covers sports physicals** visits your insurance company's website and select "find a doctor/provider" link on the website. You should enter your zip code and the type of doctor you are looking for i.e. pediatrician and a list of pediatric providers should appear. Call one of them and make an appointment for a school/sports physical. Your insurance may cover some of the cost but not the entire cost, be prepared to pay some money out-of-pocket for the remaining costs.

If you have additional questions, e-mail Medical Specialist, Ms. Dionne Whitby at dionne.whitby@gc.ndu.edu.

Please read the inclusions (care included) and exclusions (care not included) parts of your insurance policy carefully and remember you are responsible for all medical costs for your dependents not covered by your insurance policy.