



"The beautiful spring
came, and when Nature
resumes her loveliness, the
human soul is apt to
revive also."

—Harriet Ann Jacobs

Quick Huevos

1 c. fresh salsa or Pico de Gallo
2 Tbsp. olive oil
1 can black beans, drained/rinsed
4 large eggs
4 6-inch corn tortillas, warmed
1/2 cup crumbled feta cheese
Pepper to taste
Fresh, chopped cilantro

Heat a medium skillet over low heat and add 1 Tbsp. olive oil. Add the beans and heat until warmed through, smashing slightly with a fork. In a separate pan, fry the eggs sunny-side up in the remaining olive oil. Season with pepper. Place 1 warm tortilla on each plate. Divide the beans among them, then top with a fried egg, some salsa and feta cheese. (15 min, Serves 4)

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Vaccines and Child Care: What Should Parents Know?

Last month a major scientific study[†] out of Denmark gave further evidence that there is **no link** between autism and the vaccine for measles, mumps, and rubella (MMR.) Still, many parents are choosing not to follow the recommendation from the American Academy of Pediatrics (AAP.) They are choosing not to vaccinate their babies and children with the MMR vaccine.

You may be wondering: What are the vaccination requirements for my child? What can I do to ensure my child is safe and healthy? Here are the facts to consider as you do your best to make healthy decisions for your child:

- Child care providers collect immunization records for every baby and child in their care on an ongoing basis.
- Child care providers are trained to read immunization records, and compare them with AAP recommendations. They notify parents if a child has not received the vaccinations that are due.
- If a child is behind on vaccinations, parents have 14 days to get the required vaccine(s), or submit a written plan to get caught up.
- If a child cannot receive a vaccine due to medical reasons, the child's pediatrician must fill out a Medical Exemption Form[‡].
- Parents who choose not to vaccinate their children for personal reasons must submit a Non-Medical Exemption Form[‡] at every interval when vaccines are due.
- Child care providers will notify the families of non-immunized children if a vaccine-preventable disease occurs in their child care home.

If you would like to see which vaccines are recommended, and at what age, you can visit <https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-o-6yrs.pdf> Please feel free to talk to your child care provider or your pediatrician if you have further questions about vaccines and child care.

[†] Hviid, Anders, et al. "Measles, Mumps, Rubella Vaccination and Autism." *Annals of Internal Medicine*, 2019, doi:10.7326/m18-2101.

[‡] To find exemption forms, please visit:
<https://www.colorado.gov/pacific/cdphe/vaccine-exemptions>