



Vaccines, Well-Child Visits and chronic care appointments are vital for your child's health!

Why is it so important for my kids to get caught up on their childhood immunizations?

Making sure your children are up-to-date on their shots is one of the best things you can do to protect them against some pretty serious but preventable diseases. When children are not vaccinated, they are at risk of getting diseases like measles, polio and hepatitis A and B that can cause lifelong disability or death. Falling vaccination rates can lead to new outbreaks of dangerous diseases. And that's the last thing anyone needs on top of COVID-19.

Should I keep my well-child/teen visits?

In addition to getting caught-up on routine immunizations, here are some other reasons to visit your primary care provider right now:

- 🌀 Newborn visits
- 🌀 Hearing and vision screenings
- 🌀 To check on **developmental milestones**
- 🌀 To check blood pressure and other vital signs
- 🌀 To treat infections or injuries
- 🌀 Adolescent health concerns, such as menstrual care and **depression screening**
- 🌀 Routine lab tests
- 🌀 For physical examinations before returning to sports or other activities.
- 🌀 Regular dental care is also very important

What is the most important thing for families to know?

The biggest thing families should know is they should not put off health or dental care for their children!



What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete head to toe physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish treatments for certain ages
11. Referral to the dentist

Use this health check for Head Start, WIC, school, child care, camp and sports physicals. Bring necessary forms to be completed to the appointment.

Regular checkups help keep children, teens and young adults healthy. Health and dental problems can be found and treated early.

Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the Mayo Health System in Red Wing, Zumbrota, Cannon Falls and Lake City and Olmsted Medical Center in Pine Island, Wanamingo, Cannon Falls & Lake City.

If you have needs with transportation, interpreters, or making a C&TC appointment, contact Carol at Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

Sun Safety

1) Always wear a _____ when you are in the sun.



2) _____ will help to protect your eyes from harmful rays of the sun.



3) Apply plenty of _____ to protect your skin from harmful rays.



4) After a few hour of _____ you need to reapply sunscreen.



5) Cover your skin with a _____ if you can.



6) Play in the _____ for even better protection.

