



## Vaccines, Well-Child Visits and chronic care appointments are vital for your child's health—even during COVID-19

### Is it OK to postpone my child's vaccines until after the crisis?

**No.** Do not delay immunizations, particularly in babies and children under 2. There's a very [specific schedule for when babies and children should receive certain vaccines](#). That schedule is timed with the risk that a child could get a specific disease.

### Should I keep my well-child visits?

**Yes.** One of the things we do at well-child visits, besides give vaccines, is to watch a child's growth and development—height, weight, developmental milestones, etc. We also talk to parents about nutrition, behavior issues, sleeping patterns and a child's general health and well-being. This helps us look for things that could be going wrong and get your child the care that they need early.

### Does my teen still need a wellness visit?

**Yes.** For our adolescent patients, the biggest issue is often mental health. We really watch for upticks in anxiety and depression, which we are seeing with this crisis.

### How do I know if it's safe to take my child to the doctor?

Ask your doctor what measures the office has in place to protect you and your child during an in-person visit.

### What is the most important thing for families to know?

The biggest thing families should know is they should not put off health care for their child during this crisis.

### Get accurate information from websites like these:

- [mn.gov/covid19](https://mn.gov/covid19)
- [www.health.state.mn.us](http://www.health.state.mn.us)
- [www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)
- [www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)

#### 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, Kenyon 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**

# Getting Children and Teens Outside While Social Distancing for COVID-19

## Exploring nature while social distancing

**Nature all around us.** Nature exploration with proper social distancing can happen in your yard, a table-top garden, or even virtually (though not with all of the benefits).

**Bringing out baby.** Even infants and toddlers can play and learn in nature. If you will be in public spaces, it may be safest to keep them in a carrier or a stroller. If they are in your own private space, it's fine to have them explore even more.

- **Nature sculptures** can be built with twigs, leaves, cones, rocks and more by sticking the collected items into a play dough base. Help your child put objects in the play dough and notice what kind of patterns are created by different items.
- **Biking with the family** in your neighborhood can be a good option if you can keep your distance from others during your ride. If you have a child bicycle trailer, get some exercise while enjoying the outdoors with your baby in tow.
- **Playing in mud** is very fun for young children and helps them develop their senses and motor skills. You can give your child old pots, pans, utensils, and other household tools to move, pour, and squish the mud for imaginary play.

**Challenge older children and teens.** Stay engaged with the outdoors as a family. Take advantage of this time to bond over activities everyone enjoys.

- **Hold a nature scavenger hunt for the family.** Include categories like plants, trees, animals, birds. Who can create the longest list of the signs of spring that they find? How many different flowers can you photograph?
- **Create a nature journal** so they can describe what they see from a comfortable spot outside. Encourage them to write how that makes them feel or draw what they see.
- **Have a ball.** Kicking a soccer ball or playing catch together can be fine if you are apart from each other and don't share any sports equipment with others outside your household.

## The benefits of being outside

Physically healthier

More positive in behavior

Mentally healthier

## Remember

Take advantage of the healing power of nature—in your own backyard or on a walk. Just remember to follow local public health guidance and keep at least 6 feet from others outside your family. Wash your hands with soap and water or hand sanitizer once you return from your adventure. Getting outdoors, being in nature, and moving our bodies is good for everyone!

### Mental Health Resources: Recursos de salud mental:

Hiawatha Valley Mental Health Center: 2835 S Service Dr Ste 103, Red Wing · 651- 327-2270

Goodhue County Health & Human Services: 426 West Ave, Red Wing, 651-385-3200

Mayo Clinic Health System: 701 Hewitt Blvd, Red Wing, 651-267-5000