



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 and Lake City. **Northfield Hospital & Clinics** in Kenyon.

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



IT'S HOT!!!

Extreme heat can be dangerous for children, especially infants who do not regulate their body temperature the same way as adults. They are especially vulnerable in the extreme heat. Babies cannot sweat which is our natural way of cooling off; this makes babies much more susceptible to heat stroke and dehydration. If you can stay inside during extreme heat, do. If you aren't able, keep your little ones safe in the heat by:

- **Stay in the shade as much as possible.** Babies have thinner more delicate skin than adults do, they can burn easily. Keep them out of direct sunlight whenever possible. Wear sunscreen when able (for kids under 6 months of age consult your pediatrician) and reapply every 2 hours. Apply under clothing as well. If a baby under the age of 1 gets a sunburn contact your doctor immediately.
- **Dress in appropriate clothing**-make sure to dress them in light colored, loose-fitting, lightweight clothes, made of a breathable fabric like cotton, in a single layer. Light long pants and a light long sleeved shirt will do the trick with a wide brimmed hat to protect their faces from the sun.
 - For older children that can wear sunscreen dress them similarly to how you would dress and continue to stay in the shade; Lightweight and single layer.
- **Stay Hydrated**-Babies under 6 months old should not drink water (babies over 6 months can take in *moderate* amounts). Keep an eye out for flushed faces, skin that is warm to the touch, rapid breathing, and restlessness. These can be signs of dehydration. To replace fluids provide your little one with additional breast milk or formula to keep them hydrated. Make sure baby continues to have wet diapers, these can also be an indication that baby is well hydrated.
 - For older children drink plenty of water and have it readily available. Don't wait to give them water until tell you they are thirsty.
- **Watch for heat exhaustion**-signs of heat exhaustion are irritability, lethargy, looking flushed, feels hotter than normal, more severe signs include being more sleepy, and vomiting.
- **Schedule activities when it's coolest**-mornings and evenings avoid 10am-4 pm
- **Monitor for heat rash**-tiny red bumps that cluster particularly in the neck, groin, or in folds) and treat appropriately.
- **Come inside often and plan for extra rest.** Heat can make children tired and may contribute to irritability.
- **When feeling hot, give them a cool bath or mist with water.**
- **NEVER LEAVE A CHILD IN A CAR.** Leaving a window open is not enough.

Call your pediatrician immediately if your child develops:

- Feeling faint
- Extreme tiredness (unusually sleepy, drowsy, or hard to arouse)
- Headache
- Fever
- Intense thirst
- Not urinating for many hours
- Nausea
- Vomiting
- Breathing faster (or deeper) than normal
- Skin numbness or tingling
- Muscles aches or muscle spasms