



WINTER SAFETY TIPS

What to wear

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Hypothermia

- Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.
- Hypothermia develops when a child's temperature falls below normal due to exposure to colder temperatures. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.

Frostbite

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or has become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give him/her something warm to drink.

Winter Health

- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of his/her elbow may help reduce the spread of colds and flu.
- Children 6 months of age and up should get the influenza vaccine to reduce their risk of catching the flu.

Sun Protection

- The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen.

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 physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to the dentist

Child and Teen Checkups meet the health requirements for Head Start, WIC, school, sports or child care. Be sure to bring any forms you need filled out with you.

Regular checkups help keep children healthy and health 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 and Zumbrota, Cannon Falls, Kenyon and Lake City and **Olmsted Medical Center** in Pine Island, Wanamingo and Cannon Falls & Lake City

Tips to Stay Chill During the Hectic Holiday Season



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