



Keep Kids Healthy and Safe this Summer

How Can I Protect My Children from the Sun?



Seek Shade



Cover Up



Get a hat



Wear sunglasses



Apply sunscreen

Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. DEET should not be used on children younger than 2 months of age.
- Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.

Water Safety

- Always supervise children when in or around water. A responsible adult should constantly watch young children
- Teach kids to swim. Formal swimming lessons can protect young children from drowning
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life

Bicycle Safety

- Buy a bike that is the right size for your child
- A helmet protects your child from serious injury, and should always be worn so that it is level on the head and covers the forehead, not tipped forward or backwards

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