



# Welcome to Kindergarten!

## ■ Public Health Information

You can consult a nurse at your local Public Health Unit 8:30 a.m. to 4:00 p.m. Mon.-Fri. Public Health nurses provide:

- Educational health and safety resources
- Immunizations, communicable disease control

## ■ Child With a Serious Medical Condition?

If your child could require emergency health care or medication at school, alert the school and complete a health plan with your school principal and your child's teacher every year. You can consult a Public Health nurse if needed.

## ■ Stay Healthy: Wash Your Hands!

Teach children to wash hands with soap and water for 20 seconds (singing 'Happy Birthday' twice) to stop spreading germs. Wash before eating, after using the bathroom, touching pets and playing outside. Visit [Dobugsneeddrugs.org](http://Dobugsneeddrugs.org).

## ■ Immunization

Ensure your child's immunizations are up to date before kindergarten. Two free vaccines are recommended, at age 4 and up:

- **Tdap-IPV:** protects against diphtheria, tetanus, whooping cough (pertussis) and polio
- **MMRV:** protects against measles, mumps, rubella and chicken pox (varicella)

Book your child's immunization by calling your doctor, pharmacist (for children 5+) or Public Health Unit.

**Report immunizations to your health unit.** Call your unit or email [reportimmunizations@fraserhealth.ca](mailto:reportimmunizations@fraserhealth.ca).

Learn more at [Fraserhealth.ca/immunizations](http://Fraserhealth.ca/immunizations).

## ■ BC Healthy Kids Program

The BC Healthy Kids Program helps low-income families with costs of basic dental care, prescription eyewear and hearing assistance for children. Children under 19 who receive Medical Services Plan (MSP) premium assistance are eligible. Call the Ministry of Social Development and Poverty Reduction at 1-866-866-0800.



## ■ Dental, Vision and Hearing

Kindergarten students receive dental, vision and hearing screening during school. These screenings don't replace exams by a health professional. Questions? Contact Public Health. Did you know:

- MSP provides coverage for annual eye exams for children up to age 18.
- Some children may qualify for free basic dental, eyeglass and hearing coverage from the BC Healthy Kids Program.
- UBC Dentistry offers free dental treatment for children up to 12 with financial barriers.

## ■ Head Lice

Head lice – brown wingless insects on the scalp – are common in school children. They are not associated with poor hygiene. They spread directly by head-to-head contact or indirectly through sharing of brushes or hats. Check your child's head regularly. If you find live lice, contact your school. They will send a notice home to remind other parents to check. For treatment advice, contact Public Health or visit [Healthlinkbc.ca](http://Healthlinkbc.ca).

## ■ Healthlink BC

Health questions? Call 8-1-1 anytime 24/7 or visit [Healthlinkbc.ca](http://Healthlinkbc.ca) for free access to non-emergency health information and advice from a nurse, dietitian, pharmacist or exercise professional.

## ■ Public Health Units in Your Community

<b>Abbotsford</b> (604) 864-3400	<b>Agassiz</b> (604) 793-7160	<b>Burnaby</b> (604) 918-7605	<b>Chilliwack</b> (604) 702-4900	<b>Cloverdale, Surrey</b> (604) 575-5100	<b>Guildford, Surrey</b> (604) 587-4750
<b>Hope</b> (604) 860-7630	<b>Langley</b> (604) 539-2900	<b>Maple Ridge</b> (604) 476-7000	<b>Mission</b> (604) 814-5500	<b>New Westminister</b> (604) 777-6740	<b>Tri-Cities</b> (604) 949-7200
<b>Newton, Surrey</b> (604) 592-2000	<b>North Delta</b> (604) 507-5400	<b>North Surrey</b> (604) 587-7900	<b>South Delta</b> (604) 952-3550	<b>White Rock</b> (604) 542-4000	

## ■ Healthy Eating for Healthy Living

Children who eat breakfast do better in school. Offer your child a healthy breakfast, lunch and snacks. Use an ice pack to keep cold foods cold and a heated thermos to keep hot foods hot. Children don't need juice, so pack a water bottle in their lunch. Trust your child to eat as much as they want and to stop when full. For kid-approved meal ideas, visit [Fraserhealth.ca/childandyouth](http://Fraserhealth.ca/childandyouth).



## ■ School Health Web Resource

Give your children and students the healthiest start at school! Visit [Fraserhealth.ca/schoolhealth](http://Fraserhealth.ca/schoolhealth) for clear health information aimed at students 5 to 18 years old, plus tips for parents and school staff.



## ■ Book a Public Health Immunization

Residents of Fraser East (Mission, Abbotsford, Chilliwack, Agassiz, Hope), call 604-702-4906. Other Fraser Health areas, call 604-476-7087. For other health issues, call numbers below.