



# 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.

## ■ 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.

## ■ 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 Westminster</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	



## IS YOUR CHILD UP TO DATE?

Vaccines are a healthy choice for your child. They protect your child against diseases that can be very serious and even deadly.

Two vaccines are provided free for kindergarten-age children starting at age 4:

- **The Tdap-IPV vaccine** to protect against tetanus, diphtheria, pertussis (whooping cough) and polio
- **The MMRV vaccine** to protect against measles, mumps, rubella and varicella (chickenpox)

 You can find the complete B.C. childhood immunization schedule at [www.immunizebc.ca](http://www.immunizebc.ca).

Your public health nurse† or family doctor† can review your child's immunization record to make sure they are up to date on all the vaccines they need.

## CALL TO BOOK YOUR CHILD'S IMMUNIZATION APPOINTMENT TODAY!

- Contact your local health unit\* – see back page
- Contact your family doctor†



**Making sure your child's immunizations are up to date is one of the most important things you can do to protect their health, as well as the health of their classmates.**



## COMMON QUESTIONS PARENTS ASK

**Q: What happens if my child does not get all the recommended vaccines?**

For best protection, it's advised that children get all the recommended vaccines and that they get them on time. Unimmunized children are at risk of getting a vaccine-preventable disease and spreading it to others. These diseases can cause serious illness, long-term disability and even death.

If someone at your child's school has a vaccine-preventable disease and your child is unprotected, your child may be asked to stay home until it is safe to return. They may miss several days or weeks of school.

**Q: Why do I need to submit a copy of my child's immunization record to their school?**  
(In some areas of B.C. only)

After you submit your child's record to their school, it is reviewed by your school's public health nurse†. Your child's electronic health record at your local health unit\* is then updated with any vaccines your child has received elsewhere. This ensures the right vaccines are recommended for your child in the future.

**Q: What if I don't have an immunization record for my child?**

A child without an immunization record is considered unimmunized. You can contact the clinic where your child was immunized to request a copy of their record.



**ALWAYS KEEP A CURRENT IMMUNIZATION RECORD FOR YOUR CHILD**

Here's when you may need it:

- School registration
- After school care
- School trips
- Summer camps
- College or university
- Some types of travel
- If you visit a new health care provider
- If you move to a new province, territory or country



**CAN Immunize**

A free immunization tracking app. To learn more and download, visit [www.canimmunize.ca](http://www.canimmunize.ca)



## QUESTIONS?

- Contact your local health unit\* and ask to speak with a public health nurse† – see back page
- Speak to your health care provider

### FOR MORE INFORMATION

Visit [ImmunizeBC.ca](http://ImmunizeBC.ca)

**Call HealthLink BC Dial 811** to speak with a nurse any time of the day or night. A translator can help you if needed.

**Visit your health authority website:**

First Nations Health Authority [www.fnha.ca](http://www.fnha.ca)

Fraser Health [www.fraserhealth.ca](http://www.fraserhealth.ca)

Interior Health [www.interiorhealth.ca](http://www.interiorhealth.ca)

Island Health [www.viha.ca](http://www.viha.ca)

Northern Health [www.northernhealth.ca](http://www.northernhealth.ca)

Vancouver Coastal Health [www.vch.ca](http://www.vch.ca)



## USE OUR HEALTH UNIT FINDER



Go to [www.immunizebc.ca/finder](http://www.immunizebc.ca/finder). Enter your city/town or postal code to find a health unit\* near you.



Learn about immunization, take quizzes and earn free vaccines for those in need!

Sign up today at:

[IBoostImmunity.com](http://IBoostImmunity.com)

Student program:

[KidsBoostImmunity.com](http://KidsBoostImmunity.com)

- \* Health units are called public health units, community health centres or primary care homes in some areas of B.C.
- † Family doctors provide immunizations in some areas of B.C. only
- ‡ Public health nurses are called community health nurses or primary care nurses in some areas of B.C.

# Is Your Child Starting Kindergarten?



## ARE YOUR CHILD'S IMMUNIZATIONS UP TO DATE?

### READ AND LEARN ABOUT:

- What vaccines your child needs starting at age 4 (kindergarten entry)
- Where your child can get immunized
- Why immunization records are important
- Who to call if you have questions



ImmunizeBC