



Back to School is Approaching - Don't Forget the Well Child or Teen Check- up

by Teresa Severson, RN, PHN

Back to School season is approaching quickly and many students are overdue for checkups since the impact of the pandemic delaying appointments last year. Your local clinic is a safe place to obtain necessary preventative care for your family.

Preventative, well-child exams or Child and Teen Checkups keep our youth healthy and in class! Their care provider will do a thorough exam of your child's overall health and provide some education and tips for good health. Past age 3 years, children and teenagers are recommended to visit their primary care provider annually. A component to a well-child exam is immunizations or shots. Although some children may be nervous, a shot is beneficial to the entire community in addition to your son or daughter. At this time, children 12 years and older can receive a COVID-19 vaccine as well.

Preventive care is covered by insurance providers, be sure to call your insurance carrier's customer service number if you have questions regarding clinics, doctors, or covered medical care. Uninsured children may receive immunizations at Brown County Public Health.

Another summer destination for your child is the dentist's office. Everyone should visit their dentist twice a year or every six months for a mouth exam and teeth cleaning. The visit may

include other necessary procedures too. Ask your child's dentist about fluoride varnish and dental sealants, both are excellent at preventing cavities and tooth decay.

To promote good health in your home, all family members should engage in regular exercise, eat nutritious meals and snacks, drink plenty of water, and get a good night of sleep. These basic concepts will improve your family's physical and mental health setting everyone up for success!

Make sure your children are ready for a healthy school year by bringing them in for a well-child exam, getting needed immunizations, and visiting the dentist. Further information on Child and Teen Checkups can be found on the Minnesota Department of Health (MDH) website. Or contact Brown County Public Health with questions at 507-233-6820.