



# Welcome to Kindergarten

## Public Health Information

You can consult a nurse at your local Public Health Centre, 8:30 am to 4:30 pm, Monday to Friday. For locations & contact information, visit:

- ◆ [www.interiorhealth.ca](http://www.interiorhealth.ca)  
> Find a [Location](#)

Public Health nurses provide:

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

## Stay Healthy: Wash Your Hands!

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

## Child With a Serious Medical Condition?

Let the school know if your child has a serious medical condition like anaphylaxis, allergies, seizures, diabetes or a heart condition. The school may have forms that need to be signed by your doctor. Your school Public Health Nurse is available to provide information and support in the planning of a safe environment for students with serious medical conditions.

## Immunization

Ensure your child's immunizations are up to date before kindergarten. Learn more from:

- ◆ [www.interiorhealth.ca](http://www.interiorhealth.ca)
  - > Health & Wellness
  - > Immunization & Vaccines
  - > About Immunizations
  - > School Age Children & Youth Immunization
- ◆ [HealthLinkBC](#)
  - > Immunization schedule for children (0-18)

Find your Public Health Nursing office here:

- ◆ [www.interiorhealth.ca/services/immunization-services/locations](http://www.interiorhealth.ca/services/immunization-services/locations)

## Financial Help for Health Expenses

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 or visit [gov.bc.ca](http://gov.bc.ca) > [Healthy Kids](#)

Financial help for dental costs is also available from: [canada.ca](http://canada.ca) > Benefits > Dental coverage > [Canadian Dental Care Plan](#)

Privacy Notice: Public Health programs collect personal student information (e.g., name, Personal Health Number, address and birth date) to provide health services. We do this with the permission of the *BC Freedom of Information and Protection of Privacy Act (FIPPA)*, School Act and Public Health Act. This information is treated confidentially, kept secure, and only used for the purpose described above.



## Dental

Dental pain can make learning more difficult. Parents can contact the Interior Health Dental Program if your child is in dental pain. For contact information and more dental health information, visit:

- ◆ [www.interiorhealth.ca](http://www.interiorhealth.ca)
  - > Health & Wellness
  - > Infant, Child & Youth Health
  - > School Health
  - > Promoting Health of Children & Youth in School

## Vision

Vision problems can affect a child's abilities, success, and confidence at school. Basic eye exams in B.C. one per year are free up to the age of 18, although some optometrists may charge a user fee. For more information, visit:

- ◆ <https://www.healthlinkbc.ca/healthlinkbc-files/young-children-and-their-vision>
  - > Young children and their vision
- ◆ <https://bcdoctorsofoptometry.ca>
  - > Patients
  - > Medical Services Plan

## Hearing

Public Health does not routinely screen school age children for hearing. If you have concerns about your child's hearing, the school Public Health Nurse can assist in making a referral for a hearing test at the nearest Public Health Hearing Clinic. For more information visit:

- ◆ [www.interiorhealth.ca](http://www.interiorhealth.ca)
  - > Health & Wellness
  - > Infant Child & Youth Health
  - > Children & Youth Health (5-18 Years)

## Special Health Care Needs

Nursing Support Services Coordinators are available to help develop care plans for students with special health needs and provide training for their school caregivers. They also provide a liaison between school, family and other health professionals.

For more information, visit:

- ◆ [www.bcchildren.ca](http://www.bcchildren.ca)
  - > Clinics and Services A-Z
  - > Nursing Support Services

## Head Lice

Head lice are a bother but do not cause disease. Check your child's head for lice weekly and keep long hair tied back. For prevention, checking and treatment information visit:

- ◆ [www.interiorhealth.ca](http://www.interiorhealth.ca)
  - > Health & Wellness
  - > Infant, Child & Youth Health
  - > School Health
  - > Promoting Health of Children & Youth In School

## Healthy Eating

Children who eat breakfast do better in school. Visit the Canada Food Guide for ideas and tips for healthy eating:

- ◆ [Canada's Food Guide](#)

For kid approved lunches, visit:

- ◆ [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
  - > Healthy Eating & Physical Activity
  - > Food and Nutrition
  - > Plan, Shop and Prepare
  - > Lunches to Go

## HealthLinkBC

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

Check out HealthLinkBC's [Back to School](#) information to learn how you can help your child stay safe and build healthy lifestyle habits during the school year.