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#### **Our Locations**

The Health Department provides services to county residents at the following two locations:

#### Main Office 3415-28th Street Port Huron



Monday, 10:00 am - 6:30 pm (Environmental Health 8:00 am - 6:30 pm) Tuesday - Friday, 8:00 am - 4:30 pm

Call (810) 987-5300 for appointments.

For WIC appointments, call (810) 987-8222.

#### Teen Health Center 2215 Court Street Port Huron



Monday, 10:00 am - 6:30 pm Tuesday - Friday, 8:00 am - 4:30 pm

Medical clinic providing acute and chronic health care to adolescents, 10-21 years of age.

On the campus of Port Huron High School. Entrance is located by the Court Street Pool and tennis courts off 20th Street.

Call (810) 987-1311 for an appointment.

A PARENT'S GUIDE TO THE ABC'S OF PREPARING CHILDREN FOR PRE-SCHOOL AND KINDERGARTEN

# READY? SET? GO!



Are you aware that your child must be immunized against diphtheria, tetanus, pertussis (whooping cough), polio, measles, mumps, rubella, HIB, hepatitis B, pneumococcal and chicken pox? Immunizations are available at the Health Department or through your private physician.

 $\underline{B}$  efore entering school, the state requires that your child have a vision and hearing screening.

Children are also recommended to have a physical and dental exam prior to starting school.

#### HELPFUL HINTS

- Help your child establish good eating habits by serving well-balanced meals and nutritious snacks and by stressing the importance of breakfast.
- Children should have 10-13 hours of sleep a night. In order to insure they are receiving adequate amounts of rest, establish regular bedtime hours.
- Teach your child that it is important to wash hands before eating and after going to the bathroom.
- Your child should use his own comb and not try on other children's hats, use scrunchies or barrettes from others.
- Speak with teachers regarding any special problems your child might have (i.e. allergies, special medications, etc.).
- Report any health problems or illness to the school so that other parents may be alerted to watch their children for symptoms. Keep your child home if he/she becomes ill.
- Teach your child some basics about safety. Walk him/her to school or to the bus stop a few times. Remind your child never to go with strangers.
- Children should be toilet trained before entering school. If your child is having problems contact your physician.
- Be sure your child can zip and button clothing, tie shoes, and put on boots.
- Teach your child his/her name, address and phone number.

# PHYSICAL EXAMINATIONS

It is recommended that children entering school have a physical exam to detect any health problems that may affect school performance. This is especially important if the child has not seen a physician on a regular basis. Contact your physician to schedule a physical.

#### VISION AND HEARING

If your child has difficulty seeing or hearing he/she may have trouble learning. Many vision and hearing problems can be corrected if found early.

Your child is required to have a vision and hearing screening before entering school. The St. Clair County Health Department provides vision and hearing screening for children 3-5 years of age for school entry.

If your child has not been screened, an appointment may be made free of charge at the Health Department by calling (810) 987-5300.

### COMMUNITY DENTAL CLINIC

Provides complete dental services to Medicaid, Healthy Kids & MIChild eligible children, as well as low income, Medicaid and uninsured adults. Located at 3037 Electric Avenue in Port Huron. Call 984-5197 for an appointment.

## **IMMUNIZATIONS**

Your child's first day of school should be exciting and memorable. Make sure it is by checking to see that he/she has been properly immunized. State law requires a record (including dates) of your child's immunization status on or before the first day of school. If you do not have a record of immunization, you can obtain one from your doctor or the place where you had the shots done. Any child lacking proof of immunization will not be admitted to school unless immunizations are up to date or a valid, certified non-medical State of Michigan immunization waiver is on file with the school. This form can be obtained, by appointment only at St. Clair County Health Department. A State of Michigan Medical Contraindication form must be obtained by child's physician.

# AVOID THE SCHOOL RUSH - IMMUNIZE EARLY!

Immunizations are available at your private physician or the Health Department. Call 987-5729 for an appointment.