



# Welcome to Kindergarten!

Get your child ready for kindergarten. Make sure their immunizations are up-to-date. Make sure they get all of the recommended health screenings.

## Immunizations

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Two free vaccines are recommended for children age 4 and older:

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

Schedule your child's immunization by calling your doctor, pharmacist, or Public Health Unit.

### Report immunizations to your public health unit.

Call your health unit or complete the online form.



Scan this QR code to access the form or visit [fraserhealth.ca/immunizationform](https://fraserhealth.ca/immunizationform)

## Public Health Services

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You can consult a Public Health nurse at your local Public Health Unit. Services include, but are not limited to the following:

- Immunizations
- Child health screenings
- Educational health and safety resources

## Serious Medical Conditions and School

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If your child might need emergency health care or medicines 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.

## School Health Resources

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Visit our School Health web resource for information for students 5 to 18 years old, plus useful information for parents and school staff.



Scan this QR code or visit [fraserhealth.ca/schoolhealth](https://fraserhealth.ca/schoolhealth)

## Dental, Vision, and Hearing

### ▪ Dental screening

Kindergarten students receive a free dental check in school. We do this to find and help children who have dental problems. This screening should not replace an exam done by a dentist.

### ▪ Vision

We encourage all parents/guardians to make an appointment to visit their local optometrists for their child's yearly eye exam. It is free.

In B.C., basic eye exams are free up to the age of 18, although some optometrists might charge a small user fee for each visit.

### ▪ Hearing

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth.

Community audiologists provide hearing services for children from birth to 19 years of age.

For children who have hearing concerns, a parent/guardian or a health or education professional can refer the child to the local public health audiology clinic.

Some children might qualify for free basic dental, eyeglasses, and hearing coverage from the BC Healthy Kids Program.



For more information, Call 1-866-866-0800, scan this QR code, or visit [gov.bc.ca](http://gov.bc.ca) and search "[Basic dental, eyeglasses, and hearing care](#)".

## Fraser Health Virtual Care

Health concern? Call Fraser Health Virtual Care at 1-800-314-0999 to speak with a registered nurse, 10:00 a.m. to 10:00 p.m., seven days a week.

After hours, call HealthLinkBC at 8-1-1 or visit [healthlinkbc.ca](http://healthlinkbc.ca) for get general health information and advice from a nurse, dietitian, pharmacist, or exercise professional.



Scan this QR code for HealthLinkBC.

## Public Health Units

<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, Port Moody</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> Tel: 604-542-4000	