



PUBLIC HEALTH CONNECTION

JULY AND AUGUST 2009

Back to School Health Checklist

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SPECIAL POINTS OF INTEREST

- **School Safety (2)**
- **Blood Lead Test (2)**
- **Recommended Vaccines (2)**
- **Visit Your Local Library (3)**
- **Dental Mandate (3)**
- **What Age Should You Start Seeing a Dentist? (3)**

When the calendar turns to August it means schools will soon be in session. That first day of school is both exciting and overwhelming when you think about all the changes that will take place during the school year. Many of us scurry to the store for those things on the teacher's "list" (crayons, notebooks, Kleenex, etc.). Here are some other items you will want to add to your list:

- ✓ **Emergency Information** – Make sure the school has the most current phone numbers/emergency contact numbers if you are not available. Precious moments are wasted in an emergency when parents/guardians can't be reached quickly. Update this information regularly.
- ✓ **Medications** – If your child requires medications at school, bring the medication to school in the original pharmacy labeled container with physician name/instructions. Request two labeled bottles at the pharmacy so you will have one for home and one for school. Medications in "baggies" are not acceptable. Written permission from a parent/guardian is required when requesting medication be taken at school.
- ✓ **Asthma Management** – There are laws pertaining to student

self-administration of inhalers in school. Obtain the proper form for your child's asthma medication at your school. If your child carries an inhaler, mark his/her name on the inhaler itself. This makes it easier to locate the owner if the medication becomes misplaced.

- ✓ **Physicals** – Some schools require a physical prior to entering kindergarten. Routine check-ups are encouraged.
- ✓ **Immunizations** – Recent changes to the state law have occurred regarding the required immunizations for students entering kindergarten and those enrolled in preschool or daycare centers. In Iowa, a second Varicella (chicken pox) vaccine, a fifth dose of DTaP (Diphtheria, Tetanus, and acellular Pertussis), and a fourth dose of Polio is now required for children born on or after September 15, 2003. For children enrolled in a preschool or daycare center, Pneumococcal vaccine (Prevnar) is now required.
- ✓ **Dental exams** - Visiting the dentist is an important part of preparing for school. Regular check-ups can avoid painful toothaches and reduce the amount of time children miss

from school. In Iowa, a dental screening done by a dentist, dental hygienist, physician, physician assistant, or nurse, is now required for all kindergarten students. For those students entering ninth grade, a dental screening by a dentist or dental hygienist is required.

- ✓ **Eye exams** – These are not required, but a majority of what a child learns is visual, so good eyesight is very important.
- ✓ **Special Health Need** – If your student has: a food allergy which requires dietary considerations, diabetes, asthma, epilepsy, or any condition that requires immediate action by school personnel; your child's school will need to know this information. Alert his/her teacher and determine what resources the school has to provide necessary help to your child. If there is a school nurse at your child's school, it is best to talk with him/her to create a plan that will best meet your child's health needs while at school.



SCHOOL SAFETY

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

As children head back to school, be sure to remind them of the following safety tips.

If your child walks to school, remind them to:

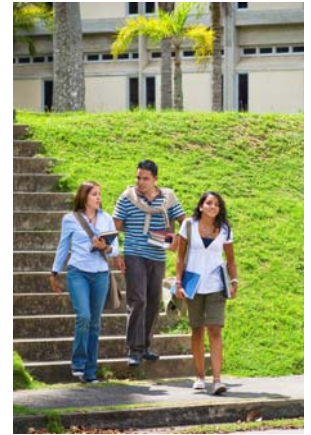
- Walk with a buddy
- Obey traffic signals
- Never get into a car or accept anything from a stranger

If your child rides their bike to school, remind them to:

- Always wear a helmet
- Obey traffic signals
- Never get into a car or accept anything from a stranger
- Lock their bike to the bike rack at school

If your child rides the bus to school, remind them to:

- Pay attention to the bus driver
- Follow the rules of the bus
- Walk with a buddy or parent to and from the bus stop



Remind children about safety tips.

BLOOD LEAD TEST

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

All children in Iowa entering kindergarten must have proof of a blood lead test.

However, you do not need to wait until kindergarten to have your child tested. It is recommended that children be tested for lead by age one.

The Iowa Department of Public Health and the schools will work together to determine which students are in need of a blood lead test and will notify the caregivers of these children.

The good news is that Medicaid, **hawk-i**, and most insurance companies will cover the cost of a blood lead test. If your insurance company will not cover the blood lead test, you can contact the Scott County Health Department at 563-326-8618.

Childhood lead poisoning is a serious problem in Iowa. It can cause learning disabilities and can affect children's school

performance. A blood lead test is a simple way to determine if your child has been lead poisoned. Remember you do not have to wait until your child starts school to get your child tested. It is recommended to have your child tested by age one.

Visit the Scott County Health Department's Web site at www.scottcountyiowa.com/health to learn more about lead poisoning.

Has Your Child Been Tested for Lead?

RECOMMENDED VACCINES

NOTE FROM CLINICAL HEALTH SERVICE AREA

It is back to school time. You have all of the school supplies checked off your list and you know your pre-teen is up to date on all *required* vaccines. You are off to a great start, but did you know there are other *recommended* vaccines, not required for school enrollment, available for

pre-teens and teens. These vaccines give added protection against certain illnesses.

Immunity from some childhood vaccines can decrease over time. An extra dose as a pre-teen may be needed for the best protection. Also, as children become teenagers they are

at greater risk for catching different kinds of disease such as meningitis and Human Papilloma Virus (HPV).

Ask your doctor about these recommended vaccines:

- Tdap (Tetanus, diphtheria, acellular Pertussis)
- MCV4 (meningitis)
- HPV (Human Papilloma Virus)

Hats off to Linda Manders, a nurse at Davenport Public Schools, who successfully implemented a school-based vaccination clinic and received an Award of Immunization Excellence from the Iowa Department of Public Health.

VISIT YOUR LOCAL LIBRARY

COMMUNITY PARTNER SPOTLIGHT:
LOCAL LIBRARIES

Did you know that you can access the library online? If you live in Blue Grass, Buffalo, Durant, Eldridge, Princeton, or Walcott visit www.scottcountylibrary.org/ to find your local library. If you live in Davenport, visit www.davenportlibrary.com/, if you live in Bettendorf, visit www.bettendorflibrary.com/, and if you live in LeClaire, visit www.leclairelibrary.org/.

The libraries offer many programs for children, teens, and adults! There are even links to events taking place in the community. The library has a wealth of information. There are books and audio books that can be checked out online and databases that are available for you to use for your research. Whether you are looking for a different career, a new

hobby, completing school work, or just looking for entertainment, the opportunities are endless.

A library card is free, get yours today!



Visit your local library online or in person!

DENTAL MANDATE

NOTE FROM COMMUNITY RELATIONS,
INFORMATION AND PLANNING SERVICES

The school dental screening mandate became effective July 1, 2008 with the purpose of helping to improve the oral health of Iowa's children.

Parents of children entering kindergarten, 9th grade, and transfer students must show that their children have received a dental screening. A special form will be filled out by your provider and

must be turned into the school.

Dental screenings can be provided by a large group of health care workers.

The dental screenings will help to detect dental problems and will teach children the importance of oral health. Detecting dental problems early can reduce costs for parents and will improve the child's health.

For more information on the dental screening mandate or to download the special form, visit: www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp.

Has Your Child Received a Dental Screening?

WHAT AGE SHOULD YOU START SEEING A DENTIST?

COMMON CONFUSIONS:
SETTING THE RECORD STRAIGHT

According to the Iowa Department of Public Health, it is recommended to have the first dental visit by a child's first birthday. Most babies begin getting teeth between six months and one year old.

At the first dental visit, the dentist or dental hygienist will look at your child's teeth and gums, show you how to

care for your child's teeth, and recommend how much fluoride your child needs to keep their teeth strong. A dental exam when a child is one year old can protect a child's smile for years to come.

You may be thinking, why worry about baby teeth; they fall out anyway. Well, baby teeth are needed to chew

food properly and to speak clearly. Also, baby teeth can stay in a child's mouth for many years. They also save space in the mouth for permanent teeth.

As you can see, baby teeth and gums are very important. Be sure to visit the dentist regularly.



Recommendation:
First Visit By
First Birthday

**SCOTT COUNTY
HEALTH DEPARTMENT**

Scott County Administrative Center, 4th Floor
600 West 4th Street
Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

E-mail: health@scottcountyiowa.com

Web site: www.scottcountyiowa.com/health

MARK YOUR CALENDAR!

- Wednesday, July 8, 2009.; 10:00-3:00 p.m.; Youth Fest
Open to the Public; Location: Fejervary Park; For more information, contact the Davenport Parks and Recreation Department at 563.326.7812.
- Thursday, August 20, 2009; 12:00-1:00 p.m.; Scott County Board of Health Meeting
Open to the Public; Location: Scott County Administrative Center, Board Room-1st Floor

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.



If you would like to receive this newsletter electronically, please add your name to our e-mail list on our Web site, www.scottcountyiowa.com/health. To remove your name from our mailing list, please e-mail health@scottcountyiowa.com or call 563-326-8618.



Public Health
Prevent. Promote. Protect.