## **KINDERGARTEN ROUND-UP 2024**

#### CHILD HEALTH AND DISABILITY PREVENTION (CHDP)

Dear Parent or Guardian:

For the health and well-being of your child, California law requires that all children entering kindergarten, or first grade have a health checkup. The law allows for the checkup to be completed up to 18 months prior to entry into first grade or within 90 days thereafter. This is to ensure that they are healthy, ready to learn and immunized against communicable diseases.

The attached "Report of Health Examination for School Entry" form must be completed by your child's physician and returned to your child's school as verification of the health checkup.

Many children are eligible to receive this checkup at no cost. For more information or to see if your child qualifies for a free CHDP examination, call a CHDP Provider on the attached list.

All children on Medi-Cal and children of most low to moderate income families can receive a free examination by a CHDP Provider.

To schedule a CHDP exam, see attached Nevada County CHDP list of providers that can offer free CHDP exams and immunizations to those who qualify.

### HEALTH CHECK-UP

A complete well-child exam includes the following:

Physical Exam
Dental Screening
Vision and Hearing Screenings
Urine and Blood Tests
Updating Your Child's Immunizations
Discussing Your Child's Development and Nutrition



A FREE CHDP exam can also be the "Gateway" to Medi-Cal. A free CHDP exam is the perfect way to access continuing medical coverage for your child.

#### **NEVADA COUNTY CHDP PROVIDER LIST 2024**

### **Grass Valley/Nevada City/Truckee**



## <u>Sierra Family Medical</u> North San Juan/Nevada City (530) 292-3478 Fax (530) 292-4296

15301 Tyler Foote Road Nevada City, CA 95959

Van Houten, Peter D MD LaFevers, Laura FNP Scarmon, George MD Herman, Laura FNP

Mathias, Susan PA

Alderice, Lauren FNP

Nielsen, Amy FNP

### CHDP provides.....

#### **Medical and Dental Health Check-ups**

Diagnosis and treatment can be paid for from birth to 21 for children eligible for Medi-Cal and to age 19 for income qualified families

www.dhcs.ca.gov/services/chdp

#### Western Sierra Medical Clinic Grass Valley

**(530) 274-9762 Fax (866) 329-5646** 844 Old Tunnel Rd. Grass Valley, CA 95945

#### Family Medicine, Pediatrics:

Curtis Michael MD Harris, Peter MD Woerner, Sarah MD Britton, Joseph MD

Rittenhouse, Sara NP Petros, Diana NP
Conley, Polly PNP Shapiro, Susan MD
McIntyre, Sharon MD Scannell, Lynne MD



#### **Tahoe Forest Multi-Specialty Clinic-Pediatrics**

Truckee (530) 587-3523 Fax: (530) 582-6192

10956 Donner Pass Rd. Suite 130

Truckee, CA. 96161 Arth, Chris MD Uglum, Else MD Vayner, Oleg MD Wicks, Chelsea MD Fiamengo, Alida DO Inouye, Meggie PNP

Koppinger, Lindsay MD

Lang-Ree, Jennifer PNP



Accepts New Medi-Cal Se Habla Espanol

Nevada County Public Health Department Child Health & Disability Prevention Program

500 Crown Point Circle Ste 110 Grass Valley, CA 95945 (530) 265-1450

Updated 1/2024



## **Dentists Serving Nevada County**

Establishing a Dental Home for your Child is Important

Children who develop a familiar relationship with their dentist are less likely to experience dental anxiety and more likely to visit the dentist regularly into adulthood. It also gives the dentist consistent opportunities to provide preventive treatment and find small issues before they become problematic. The following is a list of dentists within our community currently working with children. This is NOT a complete list and does not represent a recommendation from Nevada County Public Health.

Parents/Guardians can also visit SmileCalifornia.org to find a dental home for their child.

### **Nevada County Pediatric Dentists**

Lindsey Robinson, DDS 453 S Auburn Street Grass Valley, CA 95945 530-272-5522

Caring Tree Children's Dentistry 1061 E Main St, Ste 101 Grass Valley, CA 95945 530-272-9026 Mark Hagele, DDS 101 Providence Mine Rd Grass Valley, CA 95945 530-265-6656 oral surgeon by referral only

## **Nevada County Medi-Cal Dentists**

Western Sierra Medical Center 1345 Whispering Pines LN Grass, Valley, CA 95945 530-274-9762 Chapa De Indian Health 1061 E Main St Grass Valley, CA 95945 530-477-8545 and 1350 E Main Street Grass Valley, CA 95945

Sierra Family Medical Clinic 15301 Tyler Foote RD Nevada City, CA 95959 530-292-3478

## **Family Dentists Serving Nevada County**

Wendell Clove, DDS 152 Catherine Lane Grass Valley CA 95945 (530) 273-9111

Stacy Fore, DDS 463 Sutton Way Grass Valley CA 95945 (530) 273-1470

Gregory Moulton, DDS 148 Catherine Lane Grass Valley CA 95945 (530) 273-8130

Richard Preece, DDS 152 Catherine Lane Grass Valley CA 95945 (530) 273-9111 Sean Rockwell, DDS 280 Sierra College Drive, Suite 240 Grass Valley CA 95945 (530) 477-5060

> Keith Sheppard, DDS 1350 E Main Street Grass Valley CA 95945 (530) 432-1543

Parker White, DDS 563 Brunswick Road, Suite 3 Grass Valley, CA 95945 (530) 272-9017

Matthew Woods, DMD 105 Providence Mine Road, Suite 103 Nevada City CA 95959 (530) 265-3740 Justin Pfaffinger, DDS 216 S Pine Street Nevada City CA 95959 (530) 265-5815



www.SmileNevadaCounty.com

#### REPORT OF HEALTH EXAMINATION FOR SCHOOL ENTRY

To protect the health of children, California law requires a health examination on school entry. Please have this report filled out by a health examiner and return it to the school. The school will keep and maintain it as confidential information.

PART I TO BE FILLED OUT BY A F	PARENT OR GUARI	DIAN						
CHILD'S NAME—Last	First		Middle		E	BIRTH DATE—N	onth/Day/Year	
ADDRESS—Number, Street		City	ZIP code	SCHOOL				
PART II TO BE FILLED OUT BY HE	ALTH EXAMINER		<u> </u>					
HEALTH EXAMINATION		IMMUNIZATION RECO	RD					
NOTE: All tests and evaluations except the must be done after the child is 4 years and			ase give the family a comperceord immunization date					
REQUIRED TESTS/EVALUATIONS	DATE (mm/dd/yy)				DATE E	ACH DOSE W	AS GIVEN	
Health History			VACCINE	First	Second	Third	Fourth	Fifth
Physical Examination		POLIO (OPV or IPV)						
Dental Assessment		,	ntheria, tetanus, and [acello	ularì				
Nutritional Assessment		pertussis) OR (tetanus						
Developmental Assessment		MMR (measles, mump	s, and rubella)					
Vision Screening	<u> </u>		emophilus Influenzae B)					
Audiometric (hearing) Screening	<u> </u>	(Required for child car						
TB Risk Assessment and Test, if indicated		HEPATITIS B						
Blood Test (for anemia)		VARICELLA (Chicken	VARICELLA (Chickenpox)				_	
Urine Test		,	· , ,					
Blood Lead Test		OTHER (e.g., TB Test	OTHER (e.g., TB Test, if indicated)					
Other	<u> </u>	OTHER						
PART III ADDITIONAL INFORMATION	N FROM HEALTH E	EXAMINER (optional) a	and RELEAS	E OF HEALTH INI	ORMATION	BY PARENT	OR GUARD	IAN
RESULTS AND RECOMMENDATIONS			I give permission for check-up with the school	the health examine of as explained in Pa	r to share the rt III.	additional in	formation abo	ut the health
Fill out if patient or guardian has signed the rele	ease of health informati	on.	☐ Please check this box if you <i>do not</i> want the health examiner to fill out Part III.					
☐ Examination shows no condition of concern	to school program acti	vities.						
☐ Conditions found in the examination or after physical activity are: (please explain)	r further evaluation that	t are of importance to schooling or						
			Signature of parent or	guardian			Date	
			Name, address, and tel	ephone number of h	ealth examiner			
			Signature of health exa	aminer			Date	

If your child is unable to get the school health check-up, call the Child Health and Disability Prevention (CHDP) Program in your local health department. If you do not want your child to have a health check-up, you may sign the waiver form (PM 171 B) found at your child's school.

CHDP website: <a href="https://www.dhcs.ca.gov/services/chdp">www.dhcs.ca.gov/services/chdp</a>

## What is a Child's Dental Home?

It is a place to take your child for regular dental visits.

## Why Does Your Child Need a Dental Home?

- To help build a lifetime of healthy dental habits and good oral health.
- To find dental problems early before they hurt.
- To have a place where the dental staff knows your child's special needs and has a record of care.
- To receive sealants, fluoride, and tips to prevent tooth decay.
- To know where to call when there's a dental emergency.

## When Should You Find a Dental Home for Your Child?

By the 1st birthday is best, but it's never too early or too late to find a dental home.



For help finding a dental home, go to <a href="https://www.smilenevadacounty.com/find-care">https://www.smilenevadacounty.com/find-care</a>



#### ¿Qué es un Hogar Dental Para su Niño(a)?

Es un lugar donde puede llevar a sus niño(a) regularmente a sus visitas dentales

## ¿Por qué su Niño(a) Necesita un Hogar Dental?

- Para desarrollar hábitos dentales saludables y buena salud oral de por vida.
- Para detectar a tiempo problemas dentales antes de que causen dolor
- Para tener un lugar donde el personal dental conozca a su niño(a) y tenga su historial de los cuidados recibidos.
- Para recibir sellantes, fluoruro, y consejos para prevenir caries en los dientes
- Para saber adónde llamar en caso de una emergencia dental.

#### ¿Cuando Debería Encontrar un Hogar Dental para su Niño(a)?

Sería ideal para su primer año de vida, pero nunca es muy temprano o muy tarde para encontrarle un hogar dental.

#### **Oral Health Assessment Form**

California law (*Education Code* Section 49452.8) says every child must have a dental check-up (assessment) by May 31<sup>st</sup> of his/her first year in public school. A California licensed dental professional must do the check-up and fill out Section 2 of this form. If your child had a dental check-up in the last 12 months, ask your dentist to fill out Section 2. If you are unable to get a dental check-up for your child, fill out the separate Waiver of Oral Health Assessment Requirement Form.

This assessment will let you know if there are any dental problems that need attention by a dentist. This assessment will also be used to evaluate our oral health programs. Children need good oral health to speak with confidence, express themselves, be healthy and, ready to learn. Poor oral health has been related to lower school performance, poor social relationships, and less success later in life. For this reason, we thank you for making this contribution to the health and well-being of California's children.

#### Section 1: Child's Information (Filled out by parent or guardian)

Child's First Name:		Last Name:	N	Middle Initial: Child		Child's Birth Date:	
					MI	M – DD – YYYY	
Address:					•	Apt.:	
City:				2	ZIP Co	de:	
School Name:		Teacher:			Year ch	nild starts	
					v l v		
					Y	Y Y	
Parent/Guardian First Nam	e:	Parent/Guardian Last Name:		(	Child's	Gender:	
				I	□ Mal	e 🗖 Female	
Child's Race/Ethnicity:		White		Native A	merica	n	
		Black/African American		Multi-raci	ial		
		Hispanic/Latino		Native H	awaiia	n/Pacific Islander	
		Asian		Unknowr	า		
		Other (please specify)					

Continued on Next Page

#### Section 2: Oral Health Data Collection (Filled out by a California licensed dental professional)

**IMPORTANT NOTE:** Consider each box separately. Mark each box.

Assessment Date:	Untreated Decay (Visible Decay Present)		*Caries Experience (Visible decay and/or fillings present)			
MM – DD – YYYY	□Yes □No		□Yes □No			
Treatment Urgency:						
problem found (carie	arly dental care recones without pain or infectifit from sealants or fur	tion; or child would	☐ Urgent care needed (pain, infection, swelling or soft tissue lesions)			
			MM – DD – YYYY			
Licensed Dental Profe	essional Signature	CA License Numb	er Date			
*Check "Yes" for Caries experience if there is presence of untreated decay <u>or</u> fillings Check "No" for Caries experience if there is no untreated decay <u>and</u> no fillings  Section 3: Follow-up to Urgent Care (Filled out by entity responsible for follow up)						
Parent notified that child	has urgent dental care	e need on:	MM – DD – YYYY			
A follow-up appointment	for this child has been	scheduled for:	MM – DD – YYYY			
Did child receive needed		(If no, entity responsi	ble for follow-up will be k back in with parent)			
	□ Id	on't know	. ,			

The law states schools must keep student health information private. Your child's name will not be part of any report as a result of this law. This information may only be used for purposes related to your child's health. If you have questions, please call your school.

Return this form to the school *no later than* May 31st of your child's first school year.

Original to be kept in child's school record.

#### **Waiver of Oral Health Assessment Requirement**

Please fill out this form if you need to excuse your child the oral health assessment requirement. Sign and return this form to the school where it will be kept confidential.

#### Section 1: Child's Information (Filled out by parent or guardian)

Child's First Name:		Last Name:	N	/liddle Initial:		Child's Birth Date:		Date:
						MM -	- DD	- YYYY
Address:							Apt.:	
City:					ZIP	code:		
School Name:		Teacher:		Grade:		ar child dergart		
					Y	Y	Y	Y
Parent/Guardian First Nam	e:	Parent/Guardian Last Name:		Chi	ld's Ge	nder:		
						Male	F	emale
Child's Race/Ethnicity:		White		Native /	Ame	rican		
		Black/African American		Multi-ra	cial			
		Hispanic/Latino		Native I	Haw	aiian/P	acific I	slander
		Asian		Unknov	vn			
		Other (please specify)						

Continued on Next Page

## Section 2: To be filled out by parent or guardian ONLY IF asking to be excused from this requirement

Plea	Please excuse my child from the assessment because (check the box that best describes the reason):						
	I cannot find a dental office that will take my child's dental insurance plan. My child's dental insurance plan is:						
	☐ Medi-Cal Covered California ☐ Healthy Kids ☐ None						
	□ Other:						
	I cannot afford an assessment for my child.						
	I cannot find the time to get to a dentist (e.g., cannot get the time off from work, the dentist does not have convenient office hours).						
	I cannot get to a dentist easily (e.g., do not have transportation, located too far away).						
	I do not believe my child would benefit from an assessment.						
	Other (please specify the reason not listed above for why you are seeking a waiver of this assessment for your child):						
If as	If asking to be excused from this requirement:						
•	MM - DD - YYYY						
-	Signature of parent or guardian Date						

The law states schools must keep student health information private. Your child's name will not be part of any report as a result of this law. This information may only be used for purposes related to your child's health. If you have questions, please call your school.

Return this form to the school *no later than* May 31 of your child's first school year.

Original to be kept in child's school record.





Nevada County Oral Health Program
500 Crown Point Cir. Ste 110

Grass Valley, CA 95959 Phone: 530-802-3194

Funded by CDPH Contract #17-10710

#### School-Based Oral Health Program for Nevada County Schools

To be filled out by Parent/Guardian in ink. Child's First Name: Last Name: MI: Child's birth date: MM / DD / YYYY Mailing Address: Zip: School Name: Child's Gender: Teacher: Grade: □ Male □ Female Parent/Guardian Name: Child's race/ethnicity: □ White □ Hispanic/Latino Year child starts/ed □ Black/African American □ Asian □ Multi-racial Kindergarten (if under 1<sup>st</sup> grade): □ Native Hawaiian/Pacific Islander □ Native American □ Other YYYY or N/A □ Unknown Day Phone: E-mail:  $\square$  I want my child to have an oral health screening and fluoride varnish up to twice per year. or \( \subseteq \text{I want my child to receive oral health screenings only.} \) Child's Regular Dentist\_ , or if **no regular dentist**, check here NO PAYMENT IS REQUIRED for this service. For program information purposes, please check your current insurance. Medi-Cal may be billed to help cover the cost of this program. To opt out of Medi-Cal billing, check here ☐ Other Insurance/Describe ☐ Self-Paid or ☐ Employer Paid **☐** No Dental Insurance Photograph Release: I grant permission to the Nevada County Public Health, Oral Health Program to use my child's photograph in any official outreach publications and displays without compensation to my child or me. I give permission for my child to receive basic dental services at school through Nevada County Oral Health Program and its affiliates, and that it does not take place of a complete evaluation in a dental office. I understand that receiving this dental screening does not establish any new, ongoing, or continuing doctor-patient relationship. I understand that Nevada County Public Health is HIPPA compliant, and all records are kept confidential. I authorize the gathering and sharing of information between Nevada County Public Health Oral Health Program, its affiliates, school personnel, my child's dentist, and insurance. I have read and understand this form and also understand that this permission may include follow up visits during this school year. Parent/Guardian: (Print Name) (Signature) (Date)

## NEVADA COUNTY PUBLIC HEALTH DEPARTMENT (530) 265-7049

#### 2024 Immunization Clinics

\*Child must be accompanied by an adult
\*Must bring child's immunization records with you
\*For your protection and ours we require that you
Must wear a mask

## Childhood Immunizations Ages 0 through 18 GRASS VALLEY

Nevada County Public Health Department 500 Crown Point Circle, Grass Valley 2nd & 4th Thursdays, 1:00 - 4:00 PM (except Holidays) BY APPOINTMENT ONLY!

## Adult Immunizations Ages 19 and over GRASS VALLEY

Nevada County Public Health Department 500 Crown Point Circle, Grass Valley 3rd Thursday monthly, 1:00 - 4:00 PM (except Holidays) BY APPOINTMENT ONLY!

NORTH SAN JUAN Vaccines for ALL AGES!

San Juan Ridge Family Resource Center 18847 Oak Tree Road, North San Juan 10:00 AM - 12:00 Noon, on the following Tuesdays July 9, 2024 & October 8, 2024

## TOWN OF WASHINGTON Vaccines for ALL AGES! Washington Fire Station

15406 Washington Rd, Washington
12:00 - 2:00 PM, on the following Wednesdays
July 17, 2024 & October 16, 2024

#### **NEVADA COUNTY PUBLIC HEALTH DEPARTMENT**

TRUCKEE (530) 582-7814

#### 2024 Immunization Clinics

- \* Child must be accompanied by an adult
- \* Must bring child's immunization records with you
- \* For your protection and ours we require that you Must wear a mask

#### TRUCKEE

Nevada County Public Health Department 10075 Levon Avenue. Suite 202. Truckee

10:00 AM - 3:00 PM Times may change as weather permits

Ist & 3rd Mondays monthly (except Holidays)

BY APPOINTMENT ONLY!

#### Parents/Guardians - Are Your Kids Ready for School?

# REQUIRED IMMUNIZATIONS FOR SCHOOL ENTRY



Please bring your child's immunization records with you at the time of registration. You may view and print a digital copy of your child's California vaccine record at: <a href="MyVaccineRecord.CDPH.CA.gov">MyVaccineRecord.CDPH.CA.gov</a>

Students Entering Transitional Kindergarten of Kindergarten Need.
☐ <b>Diphtheria, Tetanus, and Pertussis (DTaP, DTP, Tdap or Td)</b> — <b>5 doses</b> 4 doses OK if one was given on or after 4th birthday; 3 doses OK if one was given on or after 7th birthday.
☐ Polio (IPV or OPV) — 4 doses 3 doses OK if one was given on or after 4th birthday.
☐ Hepatitis B — 3 doses
☐ Measles, Mumps, and Rubella (MMR) — 2 doses Both doses must be given on or after 1st birthday.
□ Varicella (Chickenpox) — 2 doses
New and Transfer Students Entering TK/K-12th Grade Need:
☐ <b>All immunizations listed above</b> For 7th-12th graders: at least 1 dose of pertussis-containing vaccine is required on or after 7th birthday. Hepatitis B vaccine is required for any grade, except for entry into 7th grade.
Students Starting 7th Grade Need:
☐ Tetanus, Diphtheria, Pertussis (Tdap) —1 dose ☐ Varicella (Chickenpox) — 2 doses
What other immunizations should Lask my health care provider about?

What other immunizations should I ask my health care provider about?

When you visit your health care provider for back-to-school immunizations, make sure to also ask about other vaccines that help keep your child healthy, including **hepatitis A, COVID-19, and the annual flu vaccine**. Preteens and teens should also get the **human papillomavirus (HPV) vaccine** to protect against certain cancers and **meningococcal vaccines**.

**Learn more about** <u>vaccines your child needs according to their age</u> (bit.ly/CDCVaccinesByAge) and <u>where you can get your child immunized</u> (bit.ly/Where2BVaxed).

## IS YOUR CHILD AT RISK FOR LEAD POISONING?

#### **CHECK FOR LEAD IN AND AROUND YOUR HOME:**



- Paint: Move your child's things away from and safely repair chipping paint.
- House Dust: Wet wipe or mop surfaces to remove dust and dirt. Do not let your child chew on windowsills or other surfaces.
- Bare Dirt: Cover bare dirt outside where your child plays.
- Vinyl Mini-Blinds: Replace old vinyl mini-blinds and do not let your child chew on them.



- Plumbing Materials: Tap water is more likely to have lead if plumbing materials, including solder or service lines, contain lead. Reduce potential exposure to lead in tap water by running water until it feels cold and only drawing from the cold tap for cooking, drinking, or baby formula (if used).
- Water From Wells: The only way to know if your water has lead is to have it tested.

Learn more about water testing: www.epa.gov/lead/protect-your-family-exposures-lead#testdw



**Dishes, Pots, & Water Crocks:** Avoid using dishes, pots, and water crocks that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA unless they have been tested and don't have lead.



- Food & Spices: Avoid imported foods and brightly colored spices that might have lead in them, like chapulines and turmeric.
- Candies: Avoid recalled candies: www.cdph.ca.gov/data/Documents/fdbLiCLiC07.pdf



■ Traditional Make-Up & Traditional Remedies: These products often have lead in them: surma, azarcon, greta, pay-loo-ah. Talk to your doctor before using these or other traditional make-up or remedies (e.g., brightly colored powders, traditional Chinese or Ayurvedic remedies).



- Toys: Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead.

  Avoid recalled toys: www.cpsc.gov
- Jewelry: Do not let your child suck on or play with jewelry. Learn more: www.dtsc.ca.gov/Toxic-Jewelry-Samples.cfm



- Lead Fishing Sinkers & Lead Bullets: Do not let your child touch lead fishing sinkers or lead bullets or casings.
- Lead Solder: Keep your child away from activities that use lead solder, like welding, or stained glass or jewelry making.



- ☐ Take-Home Lead: Avoid taking lead home from work or hobbies. If you work with lead, change out of work clothes and shoes and wash up before getting in your car or going home.
- ☐ Home Repair/Improvement Projects: Do not scrape or sand paint on your home unless you know your paint does not have lead in it.

For more information, go to www.cdph.ca.gov/programs/clppb, or call your local Childhood Lead Poisoning Prevention Program:





Chie Newsom, PHN - CLPPP Coordinator Nevada County Department of Public Health Childhood Lead Poisoning Prevention Program

> T: 530-470-2502 F: 530-271-0894

Chie.Newsom@nevadacountyca.gov

### Does Your Child Need A Blood Lead Test?

YES! If your child receives services from Medi-Cal, WIC, the CHDP program or CalWorks

YES! If your child has lived in or spent a lot of time at a home, child care facility or other building built before 1950

YES! If your child has lived in or spent a lot of time at a home built before 1978 with recent or ongoing repair, remodeling or damage (such as water and/or chipping and peeling paint)

YES! If your child has moved from another country or other high risk place (such as an older home) within the last 12 months

YES! If your child has a sibling or playmate with an elevated blood lead level

YES! If you or other frequent caregivers work with lead

YES! If anyone in your home uses traditional, folk, or ethnic medicines or make-up

YES! If anyone in your home eats food or candy brought from another country by family members or friends

# If Your Child Needs a Blood Lead Test, When Should It Be Done?

- ✓ At your child's 12 and 24 months well-child exams
- ✓ Any time if your child is under 6 years old and has never been tested
- ✓ Any time you or your child's doctor thinks your child is at risk

For help in finding a CHDP Provider that can provide LEAD TESTING during your child's well-child exam please call the Nevada County CHDP Program at (530)265-1460.

Together We Can Keep Kids LEAD SafeI