



# Welcome to Kindergarten!

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

## Immunizations

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 local Public Health Unit or complete the online form at [fraserhealth.ca/immunizationform](https://fraserhealth.ca/immunizationform)

## Public Health Services

You can consult 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

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



Visit our School Health web resource for information for students 5 to 18 years old, plus useful information for parents and school staff. See the section on kindergarten readiness.

Visit [fraserhealth.ca/schoolhealth](https://fraserhealth.ca/schoolhealth)

## Dental, vision, and hearing screening

### ▪ Dental screening

During the school year, we offer free dental screening to some kindergarten students. We do this to find and help children who have dental concerns. This screening should not replace an exam done by a dentist.

### ▪ Vision

We encourage you to make an appointment with your local optometrist for your child’s yearly eye exam. Basic eye exams are free once a year up to age 18.

### ▪ 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 or visit [gov.bc.ca](http://gov.bc.ca) and search [Basic dental, eyeglasses, and hearing care](#).

Some families might qualify for the Canadian Dental Care Plan which can help make dental care more affordable.



For more information call 1-833-537-4342 or search online for [Canadian Dental Care Plan](#).

## Active travel to school



Plan ahead for how your child will get to school. Get tips and resources on walking, biking, riding, or rolling to school. Visit [translink.ca/kidsprograms](http://translink.ca/kidsprograms).

## Fraser Health Virtual Care



Health concern? Call [Fraser Health Virtual Care](#) at 1-800-314-0999 to speak with a registered nurse or connect online. 10:00 a.m. to 10:00 p.m., 7 days a week.



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

## 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> 604-542-4000	