

Accessing C&TC:

Child and Teen Checkups can be done at all medical clinics in Rice County. Call the clinic to schedule a C&TC visit. If you need help scheduling a medical or dental appointment please call Rice County Public Health for assistance

507-332-6111

What is C&TC?

Child and Teen Checkups (C&TC) is Minnesota's name for EPSDT (Early and Periodic Screening, Diagnosis and Treatment), a federal program that provides well-child health care for children enrolled in Medical Assistance.

Child and Teen Checkups (C&TC) include:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to dentist

Get a C&TC at these ages or more often:

- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, and 30 months
- At 2, 3, 4, 5 and 6 years
- Every year from 7 through 20 years

Have any questions? Please do not hesitate to call Rice County Public Health and ask about C&TC.
507-332-6111



Hand Hygiene

One of the most important steps to stay healthy is cleaning hands at key times.

- **Before, during, and after** preparing food
- **Before** eating
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- If your hands are visibly dirty or greasy

After blowing your nose, coughing, or sneezing, you should immediately clean your hands by either washing them with soap and water or using hand sanitizer with at least 60% alcohol.

Do I really need to wash my hands for 20 seconds?

Scientific studies show that you need to scrub for 20 seconds to remove harmful germs and chemicals from your hands. If you wash for a shorter time, you will not remove as many germs.

How does handwashing with soap and water remove germs and chemicals?

Soap and water, worked into a lather, trap and remove germs and chemicals from hands.

Promoting Better Sleep

Sleep is increasingly recognized as a component of good health. Getting enough sleep can help children prevent obesity, type 2 diabetes, attention and behavior problems, poor mental health, and injuries.

Children aged 6 to 12 need 9 to 12 hours of sleep a night. Teens aged 13 to 18 need 8 to 10 hours of sleep a night. CDC works to increase parents' awareness about their children's need for good sleep and how they can help their children get enough.

- Go to bed and get up at the same time each day, including weekends.
- Keep the bedroom quiet, dark, and a comfortable temperature.
- Remove electronic devices from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Be active during the day to help you fall asleep at night.

