

Preventive Health Guidelines

How to Keep Your Child or Teen Healthy



You may call the Nurse Advice Line 24/7 at **1-800-249-3619** for health questions.
Or call Member Services toll free **1-888-839-9909**
www.lacare.org

How to Keep Your Child or Teen Healthy

Take your children and teens to the doctor for regular checkups to help them stay healthy. This brochure tells you when to take them and what needs to be done at these checkups.

Your doctor is always a good resource for you and your family. You can ask questions and get advice about important health topics.

If your child or teen is a new member, take them to the doctor right away for their first checkup. Remember, regular checkups help them stay healthy!

Well Care Guidelines for Infants and Young Children*

What will be done Tests/Exams	When to go to the doctor Birth to 2 years	When to go to the doctor 3 to 10 years
Well Care Visit: History, physical exam, screenings for growth, development, and risky behaviors, health education, advice on what to expect at your child's age	A few days after hospital discharge, by 1 month, at 2, 4, 6, 9, 12, 15, 18, 24 and 30 months	Yearly
Blood Test (for anemia)	At 7 to 9 months, 13 to 15 months and at 2 years	At each well child visit
Urine Test	-	At age 4 to 5 and every couple of years
Blood Pressure	-	Each year starting at age 3
Tuberculosis (TB) test and risk screening	Ask your doctor if your child is at risk	TB test between age 4 to 5 required for kindergarten
Lead Screening	At 12 months and at 2 years	As needed
Oral Health (teeth and gums)**	Screening at each visit Get a referral to dentist by age 12 months	Screening at each visit

**Your doctor may order these tests more or less often as needed.*

*** California law now requires children to have a dental checkup by a dentist or dental hygienist by May 31 of their first school year (public school kindergarten or first grade level).*

Well Care Guidelines for Older Children and Teens*

What will be done Tests/Exams	When to go to the doctor 11 to 19 years
Well Care Visit: History, physical exam, screenings for growth, development, and risky behaviors, health education, advice on what to expect at your child's age	Each year
Blood Test (for anemia)	At least once every 2 to 3 years Each year for females who have started their periods
Urine Test	Every couple of years or more often if doctor recommends
Cholesterol Screening	When doctor recommends
Pelvic Exam (Pap smear)	Pelvic exam and cervical cancer screening (Pap smear) by age 21 for all females; more often if doctor recommends
Sexually Transmitted Disease (STD) Screening (including Chlamydia, HPV)	Each year for all sexually active patients
Tuberculosis (TB) Screening and TB Test	Ask your doctor if your child is at high risk TB test between age 11 and 16

**Your doctor may order these tests more or less often as needed.*

You can also ask to talk with your doctor about these topics:

- Asthma
- Dental Health
- Diabetes
- Drug and Alcohol Problems
- Exercise
- Family Planning/Birth Control
- Healthy Foods
- High Blood Pressure
- Parenting
- Prenatal Health (for pregnant women)
- Safety Tips
- STDs and HIV
- Tobacco
- Violence and Abuse
- Weight Problems



Sources for all information in this document: American Academy of Pediatrics (AAP); California Department of Health Services, Children's Medical Services Branch, Child Health and Disability Prevention Program (CHDP); 2009 Advisory Committee on Immunization Practices, Department of Health and Human Services, Centers for Disease Control and Prevention.

Get Your Child the Right Shots at the Right Time

Your child will need shots at different times to stay healthy. These shots protect your child from serious diseases. Use the guide below to find out about the shots needed. Your doctor can help you understand what each shot does.

Age	Your child should get these shots	Diseases Prevented by the Vaccine (shot)
Birth	Hepatitis B** (Some infants may get their first shot at birth)	Hepatitis B - a bad disease that hurts the liver
2 Months	Hepatitis B *** DTaP (#1) Diphtheria, Tetanus, and Pertussis Hib (#1) <i>Haemophilus influenzae</i> type b PCV (#1) Pneumococcal disease Polio (#1) Rotavirus (#1)	Diphtheria – causes a thick covering in the back of the throat Tetanus – (Lockjaw) causes tightening of the jaw muscle
4 Months	Hepatitis B*** DTaP (#2) Hib (#2) PCV (#2) Polio (#2) Rotavirus (#2)	Pertussis - (Whooping Cough) causes bad coughing spells Hib Meningitis – an infection of the brain and spinal cord
6 Months	Hepatitis B*** DTaP (#3) Hib (#3) PCV (#3) Polio (#3) Rotavirus (#3)	PCV Pneumococcal disease – causes blood infection, pneumonia, and infection of the brain Polio – can cause paralysis (can't move arms or legs)
12 Months*	Hib (#4) PCV (#4) MMR (#1) Measles, Mumps, and Rubella Varicella-Chickenpox (#1) Hepatitis A (#1)	Rotavirus – causes bad diarrhea
15 Months*	DTaP (#4) (can be given as early as 12 months)	Measles – causes rash, cough, runny nose, eye irritation, and fever
18 Months*	Hepatitis A (#2)	Mumps – causes fever, headache, and swollen glands
Age 4 to 6 (Before Kindergarten)	DTaP (#5) Polio (#4) MMR (#2) Varicella-Chickenpox (#2) Get these shots if they were missed before: Hep B Series – Hep A Series – Hib	Rubella – (German Measles) causes rash, mild fever
Age 11 to 12 (Before 7 th Grade)	MCV4 Meningococcal (Meningitis) Tdap (Tetanus, diphtheria, pertussis) HPV (3 doses) Human Papilloma Virus – Get these shots if they were missed before: Hep B series – Hep A series – Polio series MMR #2 – Pneumococcal series – Varicella	Varicella-(Chickenpox) rash, skin blisters, itching, and fever Hepatitis A – causes a bad liver disease
Age 13 to 18	If shots not received at ages 11 to 12: MCV4 (at age 15) HPV (3 doses) Human Papilloma Virus Tdap	MCV4 (Meningitis) – an infection of the brain and spinal cord HPV (Human Papilloma Virus) can cause cervical cancer and genital warts

* Check with your doctor to see if your child needs any "catch-up" shots.

** Your child may get a total of 4 Hepatitis B shots if your doctor uses both single antigen and combination vaccines.

*** Hepatitis B Vaccine is usually given at 2, 4, and 6–18 months (3 doses).