

Health Requirements

SIU Carbondale Head Start is committed to providing families with the knowledge needed for overall health and wellness. To make sure your child is healthy and ready to learn, please provide the following health information to Head Start as soon as possible. Parents can also help their children make healthy transition to kindergarten by staying current with SIU Carbondale Head Start health requirements.

The following items are required on every child attending SIU Carbondale Head Start.

Physical Examination -

Maintaining a current physical is vital to assure that your child is not experiencing any health deficiencies that could be contributing to delays in physical, social, and/or emotional development.

Newly enrolled children—exam must be completed within the past 6 months

Returning children from last year—exam must be completed within the past 12 months

Up-to-date Immunization Record -

Up-to-date immunizations protect your child from serious childhood diseases. The required immunizations are **DTaP, IPV, Hib, Hep B, MMR, and Varicella.**

TB Skin Test and Result -

The TB screening is important to determine if your child has been exposed to tuberculosis. A statement signed by a health care provider can also be accepted if it has been determined that there is no risk of TB exposure.

Blood Lead Test and Result at or after 24 months of age -

Blood lead tests are extremely important as high levels of lead can cause developmental delays that can be long lasting or prevent your child from being able to focus on learning. Lead questionnaires and lead assessments **DO NOT** meet this requirement. We are required to have a blood lead test with a result completed at or after 24 months of age.

**** Hemoglobin/Hematocrit Test and Result -**

This screening measures levels of iron in the blood. Low iron in the blood (Anemia) is characterized by a child who appears pale and tired. These children are also at a higher risk of infection. **This test should be done at the same time as the blood lead test, as an additional trip to the doctor may not be necessary.**

Dental Examination –

A dental exam must be completed within 90 days of attendance. This is important to make sure that your child's baby teeth are laying a good foundation to help prevent future dental problems. The type of oral hygiene and dental care children receive, along with diet and genetics often determines their oral health throughout life.

** If you are unable to get your child into the dentist, there will be a dental exam day at your child's center. Please review your center's calendar for the date and make sure your child is in attendance that day.

Medication and Medication Forms (if applicable) –

Some children require medication in the case of food allergies, seizures, etc. If medication is needed at school, it must be with the child any time he/she is present. Medication must be prescribed by the doctor and labeled by the pharmacy. Medication forms must also be present at the time the medication is brought to school.

** If you should have any questions or need assistance with the health requirements, please contact Health and Nutrition staff at 618-453-6448.