

## Guide to Childhood Prevention Services For Good Health

*Disease screening, counseling and education for average-risk individuals birth through age 18*

Service	0-2 Years	2-6 Years	7-12 Years	13-18 Years
<b>Preventive Health Risk Assessment</b> <i>A physical exam and review of development. Review of personal health risk factors including counseling about how to stay healthy.</i>	First two weeks At 2 months At 4 months At 6 to 9 months At 12 months At 15 months	At 2 years <i>(optional)</i> Between 4-6 years	Between 7 and 9 years  At 12 years	1-2 visits between 13 and 18 years.
<b>Chlamydia Screening</b> <i>A test of a sample of body fluid or urine to determine whether chlamydia bacteria are present and may be the cause of an infection. Chlamydia is the most common bacterial sexually transmitted disease in the United States.</i>				Girls: All females sexually active <i>(with or without symptoms)</i>
<b>Cervical Cancer Screening – Pap Smear</b> <i>A small sample of cells from the surface of the cervix is collected by your health care professional. The sample is then spread on a slide (Pap smear) and mixed with a liquid fixative and sent to a lab for examination under a microscope. The cells are examined for abnormalities that may indicate abnormal cell changes, such as dysplasia or cervical cancer.</i>				Girls: Beginning three years after first sexual intercourse. Repeat every 3 years after three annual consecutive normal results.
<b>Vision Screening –</b> <i>Normal vision screening performed at schools does not need to be repeated for children of average-risk and without symptoms of eye problems)</i>		Ages 4 and younger. By age 5 (part of preschool screening at either a school or clinic)		
<b>Blood Lead Testing</b> <i>A small finger prick of blood to test for lead poisoning that can cause learning disabilities, behavioral problems, and, at very high levels, seizures, coma, and even death. Lead exposure can come from lead-based paint, lead-contaminated dust in deteriorating buildings, making stained-glass windows, automobile batteries, lead pipes, solder, brass fixtures, and valves that can leach lead into the household water supply.</i>	At age 12 months if at risk* <i>(risk= increased risk of lead exposure)</i>			
<b>Obesity Screening</b> <i>Records height, weight and Body Mass Index</i>	Annually			

CONTINUED

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<b>Infant Sleep Positioning and SIDS Counseling</b>	Place infants to sleep on their backs	
<b>Neonatal Screening</b>	Newborn metabolic screening <i>(performed in the hospital after birth)</i>	
<b>Injury Prevention Discussion</b>	<p><b>Bicycle Safety:</b> Use an approved helmet when riding a bicycle that is properly fitted.</p> <p><b>Motor Vehicle Safety:</b> Car seat (rear facing until 1 year and 20 pounds), Booster seat (ages 4 through 9 and weighing less than 80 pounds), Seat belt use when riding in a motor vehicle. Air bag safety.</p> <p><b>Poisoning:</b> National Poison Control Numbers readily accessible. Use of child resistant containers; dispose of expired/unused medications.</p> <p><b>Fire Safety and Burn Prevention:</b> Install smoke detectors and test bi-annually. Check water heater temperature and discuss cigarette smoking and fire safety.</p> <p><b>Choking:</b> Choking hazards and treatment</p> <p><b>Fall Prevention:</b> Use of gates; never leave baby unattended on changing table. Window and balcony hazards.</p> <p><b>Firearm Safety:</b> Store unloaded firearms in a locked place. Keep ammunition separate from firearm in a locked/safe place.</p> <p><b>Water Safety:</b> Never leave children alone near water or in a bath (through age 6). Swimming lessons are not a substitute for adult supervision for ages 7-12 years. CPR training recommended for all adults caring for children.</p>	
<b>Tobacco Use Screening and Brief Intervention in Adolescents</b>		If using tobacco products (cigarettes, cigars, pipe tobacco, or chew), discuss tobacco cessation.

*\*\*If at risk": discuss with your doctor based on past and current medical history, family history, living situation and lifestyle.*

*These are routine recommendations; your doctor may advise you differently depending on your risk factors.  
Please refer to the Immunization Schedule for Children for recommended vaccinations.  
These recommendations do not imply that coverage is provided for these services; check your health plan first.*