

## **IMPORTANT MESSAGE FOR PARENTS**

### **HEALTH EXAM AND IMMUNIZATIONS ARE REQUIRED FOR SCHOOL**

**Success in school starts with a healthy child. Your child is required by California State Law to have a health check-up and immunizations (shots) before starting kindergarten or first grade. The health check-up may be done as early as six months before your child starts kindergarten and up to three months after he/she starts first grade. Immunizations, however, must be up-to-date before your child is admitted to school.**

**The health exam should include:**

- A complete health history**
- A "head-to-toe" physical exam**
- Vision and hearing tests**
- Urine and blood tests**
- Immunizations**

**See your child's doctor for the health exam. If you do not have a doctor, call the Child Health and Disability Prevention Program (CHDP) at (650) 573-2877 for help in finding one.**

**Children who have Medi-Cal can receive the exam free of charge. Children from low income families may also be eligible for these free exams through CHDP. For example, a family of four can earn up to \$3,725 per month or \$44,700 per year and qualify.**

**When you take your child for the health exam be sure to take your child's Immunization Record (yellow card) and "Report of Health Examination for School Entry" form.**

**Return the completed health form and updated immunization record to your child's school as soon as your child has been seen by the doctor. If you do not want your child to get a health exam or immunizations, you will need to sign a waiver form at your child's school.**

**If you have any questions, please call your child's school or CHDP at (650) 573-2877.**