

What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers well-child health care for those age newborn through 20 years who receive Medicaid/Medical Assistance (MA).

Child and Teen Checkups (C&TC)

include:

- Information about physical and mental health
- Time to ask questions and get answers about your child's health, behavior and development
- Time to discuss thoughts, feelings, and relationships
- Complete physical exam
- Immunizations
- Hearing check
- Vision check
- Lab tests
- Checks on development and growth
- Fluoride varnish application
- Referral to the dentist

Child and Teen Checkups meet the health checkup requirements for Head Start, WIC, school, sports or childcare. Be sure to bring with you any forms that you need filled.

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

- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24, and 30 months
- Every year from age 3 through age 20

Where can I go for C&TC?

- Your doctor or clinic
- Children enrolled in a health plan must get C&TC services from providers in their health plan network. Medicaid pays for C&TC services.

Need help scheduling a C&TC appointment? Or, do you need help finding an interpreter or transportation to your C&TC appointment?

For help please call Rice County Public Health.

We would be happy to assist you.

507-332-6111



What dates on food packaging actually mean.

Dates on food packaging are there to indicate when a product should be used for best quality. Knowing what these terms mean may reduce food waste, improve food safety and may help reduce your grocery costs.

- ❖ **Sell by:** This date indicates when the store needs to sell that particular product by or when to pull it from the shelf. It is not a safety deadline but may indicate when a product has been sitting on the shelf longer.
- ❖ **Best if used by (or before):** This is the recommended date for the best flavor and quality of the product. It should be safe to eat if it has been stored and handled properly.
- ❖ **Use by:** This date means the product is no longer at its peak. The use by date on infant formula refers to the date the manufacturer can ensure both quality and nutrient content. Infant formula that is past the use by date should NOT be given to infants.

Always remember to:

1. Wash your hands before working with food.
2. Separate raw meats from ready to eat foods.
3. Cook to proper temperatures; use a thermometer.
4. Do not put hot food in the refrigerator. Instead help it cool by putting it into smaller containers or cut it into small pieces. You may also need to put the containers into an ice bath. The goal is to have them ready for the fridge within two hours of being taken off the stove or out of the oven.

However, **when in doubt, throw it out!**
Academy of Nutrition & Dietetics

Common Pressures That Can Cause Stress in Teens

Being a teenager is not easy. Whether it is pressure from school, friends or family, it is normal to feel stress or anxiety during this time in life. Stress is how the body and brain respond to a demand. Our bodies can handle small amounts of stress, but too much stress can take a toll on your physical and mental health. When stress becomes overwhelming, it is important to take a step back and pinpoint what is causing the stress, so you can find healthy ways to cope with it.

While every teen faces unique challenges and different life events, some circumstances are common to lots of teens. It is not unusual for these situations to create stress:

- **School and Social Pressure**

Whether it's keeping up grades, applying to colleges, or deciding what to do after graduation, school-related stress is real. Homework and a heavy academic load can often compete with extracurricular activities and sports obligations. School can bring social stress, as well. It is natural to want to fit in with friends and peers at school. Social media also exposes teens to unrealistic views of other people's lives.

- **Family Challenges**

Although it may not be easy to talk about it openly, teens can also face worries at home. Family conflict, divorce, illness and financial hardship can all cause stress. Parents can also add to stress, as they may (often not on purpose) place added pressure or expectations on their teens.

- **World Events**

School shootings, acts of terrorism, and natural disasters don't only worry adults. Teens are often exposed to the 24-hour news cycle, hear bits and pieces of scary news and can leave teens wondering about their future and the safety of those they love.

- **Romantic Relationships**

As a teen, you may start to feel new romantic or sexual draw to people. This attraction is normal, but can be stressful and confusing. You may feel some self-doubt or a lack of confidence. Many teens also feel added stress if they face questions about gender identity or sexual orientation.

- **Major Life Events**

It doesn't matter if you're a teen or an adult, major life events such as moving, starting a new school, changes in the makeup of the family, can all trigger stress.

Teens Don't Need to Face Stress Alone

Stress is a part of life for every teen, and everyone struggles with stress from time to time. Remember, it is normal not to feel normal. If your teen appears agitated or in a depressed mood for more than a few days and it's interfering with important activities reach out to the child's physician or a licensed mental health professional. TIP: check if you have counseling benefits through your Employee Assistance Program.