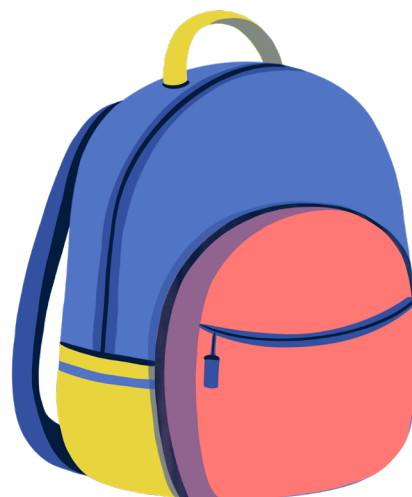


## Public Health Reminders Before School Begins

### INFORMATION FOR PARENTS/GUARDIANS

It's an exciting time for your family, your child is starting school or pre-primary soon! Here are some reminders from Public Health to think about **BEFORE school begins**:



#### Routine Immunizations

Talk to your health care provider or local Public Health office to ensure your child's immunizations (needles) are up to date. These vaccines are publicly funded, meaning families do not have to pay to immunize their children, even if they do not have an MSI number (Nova Scotia Health Card). The routine immunization schedule is located on page 3 of this document. For questions or to request a copy of your child's immunization record, please visit [www.nshealth.ca/vaxrecords](http://www.nshealth.ca/vaxrecords).

#### COVID-19 Immunizations

All Nova Scotians are encouraged to receive their full primary series of COVID-19 vaccine, and stay up to date with the recommended booster doses to ensure maximum protection. For more information, please visit [www.nshealth.ca/coronavirusvaccine](http://www.nshealth.ca/coronavirusvaccine).

#### Vision

A routine eye exam between ages 2-5 years old by an eye doctor is covered by MSI every two years until your child's 10th birthday with a valid Nova Scotia Health Card. For more information, please visit [www.nsophthalmists.ca](http://www.nsophthalmists.ca).



#### What is MSI?

Nova Scotia Medical Service Insurance (MSI) provides coverage for certain health services to those who are eligible. To learn more, call 1-800-563-8880, or visit [novascotia.ca/DHW/msi](http://novascotia.ca/DHW/msi).

#### Dental

Your child should be seen by a dentist by their first birthday. For children in Nova Scotia who are not covered by private dental insurance, here are some options that offer coverage for dental care:

**Children's Oral Health Program (MSI)** covers services until the end of the month of a child's 15th birthday. Call toll free at 1-833-739-4035 or visit the Children's Oral Health Program website at [novascotia.ca/dhw/dental-programs/children-oral-health-program.asp](http://novascotia.ca/dhw/dental-programs/children-oral-health-program.asp).

**Canadian Dental Benefit Canada** may be available to lower dental costs for eligible families for children under 12 years old that do not have access to a private dental insurance plan. For more information, please visit [www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit).



## Dental for eligible First Nations and Inuit

### *Dental Benefits Guide for First Nations and Inuit: Non-Insured Health Benefits (NIHB) program.*

The NIHB program provides eligible First Nations and Inuit clients with coverage for a range of health benefits that are not covered through other social programs, private insurance plans, provincial or territorial health insurance. This includes dental care. For more information, please visit [www.sac-isc.gc.ca/eng/1579538771806/1579538804799](http://www.sac-isc.gc.ca/eng/1579538771806/1579538804799).

### *Jordan's Principle*

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. This funding can help with a wide range of health, social and educational needs, including dental care. For more information, please visit [www.unsm.org/dept/jordans-principle](http://www.unsm.org/dept/jordans-principle).

**ALL children should be assessed for sealants as this is another effective way to prevent tooth decay.** For more information, please visit [www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1866.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1866.pdf).

*Encourage your child to participate in the new free Fluoride Varnish program at their school, if available. This program is not meant to replace regular dental visits.*

## Hearing/Speech

If you have any concerns about your child's hearing or speech, a parent/guardian may make a referral to the Nova Scotia Hearing & Speech Centre in your area for a free assessment. These services are available at no cost to preschool children who have a valid Nova Scotia Health Card.

### **Call for more information:**

Amherst: 902-667-1141

Truro: 902-893-5512, ext.512

New Glasgow: 902-755-8858



**If you have any other questions, please contact your local Public Health Office:**

### **Amherst**

902-667-3319

Toll Free: 1-800-767-3319

### **Truro/East Hants**

902-893-5820

### **New Glasgow**

902-752-5151



For questions related to common childhood illnesses & infections, visit [caringforkids.cps.ca](http://caringforkids.cps.ca)



**Public Health**

[www.nshealth.ca/public-health](http://www.nshealth.ca/public-health)

# Routine Immunization Schedules for Children, Youth & Adults

The vaccines listed on these schedules are given free of charge.

Children, youth and adults with high-risk conditions may require additional doses and be eligible for additional vaccines. For more information, talk to your health care provider or call your [Public Health office](#).

## Childhood Vaccines

	Schedule					
	2 months	4 months	6 months	12 months	18 months	4-6 years
<b>Influenza*</b>			*			
<b>DTaP-IPV-Hib</b> Diphtheria, tetanus, acellular pertussis (whooping cough), polio, and Haemophilus influenzae type b vaccine	✓	✓	✓		✓	
<b>RV</b> Rotavirus	✓	✓	✓			
<b>Pneumo Conj.</b> Pneumococcal conjugate vaccine	✓	✓		✓		
<b>Men C Conj.</b> Meningococcal group C conjugate vaccine				✓		
<b>MMRV</b> Measles, mumps, rubella and varicella vaccine				✓	✓	
<b>Tdap-IPV</b> Tetanus, diphtheria, acellular pertussis (whooping cough), and polio vaccine						✓

\* Every flu season for all children 6 months of age and older. Children under 9 years old getting their first flu vaccine need 2 doses.

## School Vaccines

	Grade 7
<b>HPV</b> Human papillomavirus vaccine	✓
<b>Hepatitis B</b> Hepatitis B vaccine	✓
<b>Tdap</b> Tetanus, diphtheria, and acellular pertussis (whooping cough) vaccine	✓
<b>Meningococcal Quadrivalent</b> Meningococcal Quadrivalent vaccine (Groups A, C, Y & W 135)	✓

## Adult Vaccines

	Schedule	
	All Adults	Adults 65 & older
<b>Influenza</b> Every flu season	✓	
<b>High-dose Influenza*</b>		*
<b>Td</b> Tetanus, diphtheria vaccine (Every 10 years)	✓	
<b>Tdap**</b> Tetanus, diphtheria and acellular pertussis vaccine (If not previously given in adulthood, one dose 10 years after receipt of a tetanus containing vaccine.)	✓	
<b>Pneumococcal polysaccharide</b> Pneumococcal polysaccharide vaccine		✓
<b>MMR</b> Measles, mumps and rubella vaccine (2 doses for those born in 1970 or later)	✓	

\* Every flu season for Long-Term Care Facility (Nursing Home and Residential Care Facility) residents only.

\*\* Regardless of age, Tdap should be offered with every pregnancy.