



HEALTH ALERT

Take precautions provided by Ministry of Health

Child Health

Your child's health includes physical, mental and social well-being. Most parents know the fundamentals of keeping children healthy, like offering them healthy foods, ensuring they get enough sleep and exercise and insuring their safety.

It is also important for youngsters to urge regular checkups with their health care provider. These visits are an opportunity to test your child's development. they're also an honest time to catch or prevent problems.

Other than checkups, school-age children should be seen for

Significant weight gain or loss

Sleep problems or change in behaviour

Fever over 102

Rashes or skin infections

Frequent sore throats

Breathing problems

