THE **C&TC CONNECTION**

"Information about Child & Teen Checkups"

Child and Teen Checkups

Goodhue County MINNESOTA

Updated November 2026 Goodhue County Health & Human Services/ Public Health Division November 2026

5 Ways to Help Your Kids Have a Healthy School Year

1 ~ Make sure your children get nutritious meals, sufficient sleep and physical activity every day

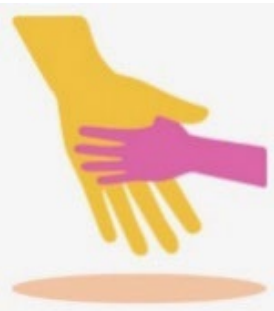
2 ~ Make sure your child is up-to-date on their vaccines and gets a yearly check-up.

3 ~ Stay tuned in to your child's mental health

4 ~ Emphasize the value of treating others with respect and how simple acts of kindness can make a big difference

5 ~ Plan for mindful media use

Remember, children are resilient and can overcome many challenges with the help of trusted adults around them. Talk with your pediatrician if you have any questions or concerns about your child's health



Source: healthychildren.org

What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to the dentist

Use this health check for Head Start, WIC, school, child care, camp and sports physicals. Bring necessary forms to be completed to the appointment.

Regular checkups help keep children, teens and young adults healthy. Health and dental problems can be found and treated early.

Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the **Mayo Health System** in Red Wing, Zumbrota, Cannon Falls and Lake City and **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls & Lake City; **Northfield Hospital & Clinics** in Kenyon.

If you have needs with transportation, interpreters, or making a C&TC appointment, contact Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

Keep Up to Date

On Immunizations

Goodhue County Health & Human Services

Vaccines are available through your local health care provider. Call to schedule an appointment today! Visit connectwithctc.com for a list of local providers.

Why Vaccinate?

- Vaccines are the best way to protect yourself and your loves ones from preventable diseases.
- The vaccines you receive are safe.
- Vaccines may be required at work, school, for travel or more activities.
- Vaccines reduce risks of getting a disease by working with your body's natural defenses to build protection. When you get a vaccine, your immune system responds.

Vaccine Schedules

- Vaccines are given at certain ages when a child's immune system provides optimal protection after vaccination
- Timing of vaccines are balanced with the earliest time to provide protection and when the child is at the highest risk for disease
- The vaccine schedule developed by the CDC and AAP (American Academy of Pediatrics) is considered the ideal schedule for healthy children. Staying on schedule is the best way to keep your child healthy. Any length of time without a immunization is a time without protection. Speak with your pediatrician if you have missed a shot or have a chronic condition.

Are Vaccines Safe

- Vaccines are safe and effective.
- Vaccines do not cause disease. They use inactive or very weak strains of a virus or bacteria. These active ingredients give your child's immune system information to create its own antibodies. This teaches your child's immune system what to do if it sees the virus or bacteria again.
- Vaccines do not cause Autism. There are several vaccines given between the ages of 1 and 2 which is also about the time children start to show signs of Autism. Medical researchers have confirmed that they are not related. Autism is a neurodevelopmental condition that is caused by differences in the brain. Scientists believe there are genetic, biological, and environmental factors that can contribute to Autism.