



# West Virginia HealthCheck

## 7 Year Visit

### What to Expect at the 7 Year Visit

The seven year old is now an expert at school! School performance is an important indicator of the child's progress across all areas of development including social, emotional, communication, cognitive and physical development. During this visit some questions your provider may ask include:

How is your child doing with academic school work? Is your child enjoying school?

Do you have any concerns about your child's development, learning or behavior?

Does your child participate in after-school activities?

Does your child play with other children? Making friends?

Do you know your child's friends? Their families?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits and routines, school progress and the importance of activity and play and prepare you for **PUBERTY**.

### Preventive Care Tips: The Flu Vaccine

#### What is the flu?

**Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. They cause illness, hospital stays and deaths in the United States each year.**

#### How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long term health conditions.

#### How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

#### What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

#### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Everyone 6 months of age and older should get a flu vaccine every year. It's especially important that young children and children with long term health conditions get vaccinated.

There are two types of flu vaccines:

- **The "flu shot"** — Is normally given in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- **The nasal-spray flu vaccine** —FluMist® is approved for use in healthy people 2-49 years of age who are not pregnant.

A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season. Over the years, millions of flu vaccines have been given in the United States with a very good safety record. For more information about vaccines: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

### What To Expect At The 8 Year Visit

- Your child's exam will include a behavioral risk screen.
- Your child will have a **visual acuity screen** and hearing screen.
- Your child will have a **dyslipidemia risk screen**.

**West Virginia HealthCheck Program**  
1-800-642-9704

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

**Transportation Assistance**  
Contact MTM to schedule a ride  
1-844-549-8353

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)