

Take these steps to keep your child healthy this fall!

## **Fall 2023 Checklist for Parents**

Stay up-to-date with physicals and vaccines to protect your child and prevent illness so they can attend school and enjoy school activities safely.

- It's Time for a Check-up!** If your child is due for an [annual physical](#), schedule with your child's pediatrician today. **Don't Wait – Vaccinate!** Make sure your child is up-to-date on all vaccinations recommended by their health care provider. Find the schedule for children [here](#).
- Fight the Flu!** One of the most important steps to prevent influenza is to get a flu vaccine. Locate free and low-cost vaccine locations [here](#).
- New COVID-19 vaccine available now!** The updated COVID-19 vaccine can greatly reduce risk of severe illness, absences and school disruptions. It is recommended for children 6 months and older and can be given with other vaccines. For more information click [here](#).
- Protect your infant against Respiratory Syncytial Virus (RSV)!** The new RSV vaccine-like product provides parents with a powerful tool to protect young children and infants born during or entering their first RSV season against severe illness. More information [here](#).

\*\*If you have insurance or your own health care provider, contact them to schedule vaccines. For free or low-cost services, call 2-1-1 or click [here](#) to find vaccination locations near you.

### **Helpful ways to keep your child healthy this fall**

- Consider testing when feeling sick. Click [here](#) for At-Home COVID-19 test kits. Consider masking when not in well-ventilated indoor spaces.
- Seek treatment if you have COVID-19 and are at high risk of getting very sick.
- Encourage your child to [wash their hands](#) or use hand sanitizer regularly.
- Make sure your child gets enough rest and [sleep](#).
- For mental health resources and support, call the LA County Department of Mental Health 24/7 help line at 800-854-7771 or visit [here](#).

**\*LA County Vaccine Information\***

[publichealth.lacounty.gov/vaccines/](https://publichealth.lacounty.gov/vaccines/)

**\*New COVID-19 Vaccine Updates\***

[Vaccinatelacounty.com](https://vaccinatelacounty.com)

**\*LA County DPH Vaccine Call Center\***

[833-540-0473](tel:833-540-0473)

**Let's keep our families safe and healthy during the fall season!**