

Head Start Health Services Newsletter

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New Resources

Vision Screening: An Important Part of Wellness

Vision is one of the required sensory screenings for Head Start and Early Head Start. According to the most recent Early Periodic Screening, Diagnosis, and Treatment (EPSDT) periodicity schedule, vision screening should be conducted at every scheduled well-child visit and should include diagnosis and treatment for defects in vision, including eyeglasses.

In an effort to improve the vision health of Head Start and Early Head Start children, the Office of Head Start published the [Vision Screening Resources Information Memorandum](#) which outlines their partnership with [Prevent Blindness America](#). The goal of this partnership is to provide accurate screenings for children in need of vision services.

Whooping Cough Outbreaks on the Rise

Whooping cough — known medically as pertussis — is a highly contagious respiratory tract infection. Symptoms resemble an ordinary cold, but may eventually turn more serious, particularly in infants. Whooping cough is most contagious before the coughing starts. Vaccination is the best way to prevent whooping cough. In an effort to keep children on target with their immunization schedule, the CDC has created an [immunization calculator](#) that will assist caregivers in determining when children are in need of their next booster shot.

Bed Bugs: EPA Alert

A bed bug is a small, flat, reddish-brown bug (about the size of a pencil eraser) that can be found in homes all over the world. It hides during the day and comes out during the night to look for blood. These nocturnal blood-sucking critters are found in multi-family structures such as apartments, hotel rooms, movie theaters and many other places. Bed bugs have a special ingredient in their saliva that keeps blood from clotting while they're eating. These insects cause itchy bites on people and pets, but unlike most public-health pests, they are not known to transmit or spread diseases.

The EPA offers the tips below for avoiding or eradicating bed bugs. Visit the [EPA web link](#) for more information.

Top 10 Bed Bugs Tips

1. Make sure you really have bed bugs, not fleas or ticks or other insects.
2. Don't panic.
3. Think through your treatment options -- don't immediately reach for the spray can.
4. Reduce the number of hiding places -- clean up the clutter.
5. Frequently wash and heat-dry your bed linens.
6. Do-it-yourself freezing is not usually reliable for bed bug control.
7. High temperatures can kill bed bugs.
8. Don't pass your bed bugs on to others.
9. Reduce populations to reduce bites.
10. Turn to the professionals, if needed.

Coming Soon!

The Office of Head Start will be presenting a webinar detailing the features of the Head Start Orientation Guide for Health Coordinators. The Orientation Guide is designed to assist health coordinators in providing quality health services to Head Start and Early Head Start families and includes a collection of existing resources that are supported by the Head Start Program Performance Standards. Look for an announcement of the presentation on the [ECLKC](#).

Did you miss anything?

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We Want to Hear from You

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