

VICC VDH Report 3/2018

1. **Milestones** matter! Encourage parents to track their child's milestones from age 2 months to 5 years with CDC's FREE Milestone Tracker app. Interactive checklists with photos and videos make tracking milestones easy and fun. The app generates a personalized summary to share, offers tips for encouraging development, and information about what to do if parents ever become concerned about their child's development.

The new app offers:

- Interactive milestone checklists for children ages 2 months through 5 years, illustrated with photos and videos
 - Tips and activities to help children learn and grow
 - Information on when to act early and talk with a doctor about developmental delays
 - A personalized milestone summary that can be easily shared with the doctor and other care providers
 - Reminders for appointments and developmental screening
 - a. Learn more and get information on downloading the app at [CDC's Milestone Tracker website](#), including free flier or poster about the app that can be printed and shared with families.
2. **Rabies**
 - a. With warmer weather, children will be spending more time outside
 - b. Be aware of wild life in your communities and surrounding play grounds
 3. **Opioid Crisis**
 - a. Resource information: <http://www.vdh.virginia.gov/commissioner/opioid-addiction-in-virginia/>
 - b. Revive training
 - i. FOR MORE INFORMATION: REVIVE@dbhds.virginia.gov; (804)786-0464
 - a. <http://www.dbhds.virginia.gov/individuals-and-families/substance-abuse/revive>
 4. **Allergy season is earlier this year**
 5. **It's still flu season!**
 - a. Wash your hands well to prevent the spread of germs, using soap and clean running water for at least 20 seconds. This will help prevent the spread of bacteria from raw poultry, too.
 - b. Wash all fresh produce to reduce the potential for bacterial contamination.
 - c. Don't forget to also wash utensils and work surfaces to protect your food and family!
 - d. Get your flu shots