



# Youth Health Care 4-18 years

**Help from the children's doctor, nurse and doctor's assistant is still available for schools, parents and young people, even during lockdown.**

Children's doctors and nurses hold consultations at the Youth Health Care (JGZ) locations and also work from home as much as possible. They remain available for:

**A. Parenting support**

**B. Advice about the behaviour and emotions of your child.**

Being forced to stay at home so much, and missing out on a lot of activities can have a negative impact on your child's behaviour. If, as a parent, you are worried, you should feel free to contact us for advice and help.

**C. All regular appointments are going ahead.** Each child may be accompanied by one adult (wearing a facemask).

### Our corona measures:

- Adjusted appointment times so that as few parents and children as possible are present on site at one time.
- Clients with colds or other Covid-19 related symptoms must not visit the GGD.
- JGZ employees with colds or other Covid-19 related symptoms do not hold in-person appointments and get themselves tested as soon as possible.
- Good hand-hygiene and also good hygiene in all rooms.
- Only one parent is welcome to accompany the child to his/her appointment. The other parent may dial in if necessary.
- All JGZ staff wear a medical-grade facemask.
- All clients aged 12 and over are requested to wear a (non-medical) facemask.
- A distance of 1.5 metres is respected in the consultation rooms. During brief physical examinations and vaccinations, this is of course not possible. However these are very brief contact moments.

### Information for parents and children: (in Dutch)

- [www.opvoeden.nl](http://www.opvoeden.nl)
- [Coronavirus | GGD Kennemerland](#)
- [Coronavirus - information for parents| Nji](#)
- [Coronavirus – information for younger children| Nji](#)
- [Coronavirus – information for children| Nji](#)

### Information for young people: (in Dutch)

- [Coronavirus – information for young people and young adults| Nji](#)
- [www.jouwggd.nl](http://www.jouwggd.nl) *Trustworthy information for young people*
- Instagram "Vraag het Charlie". *Topics of interest for young children– also during lockdown*
- [www.Growitapp.nl](http://www.Growitapp.nl) *A gamified app for everyone aged between 12 and 15, providing support during the lockdown period.*



**Contact Youth Health Care GGD Kennemerland**

**023 7891777 on work days from 08.30 -12.30 and 13.00 – 17.00 email: [frontofficejgz@vrk.nl](mailto:frontofficejgz@vrk.nl)**