

Breast Feeding

FCPH staff are trained to assist you with breast feeding support. Prenatal in-home breast feeding education classes, teaching, support and free breast pumps are available for qualifying families.



Baby Visits

After your baby is born, the nurse can visit you and your newborn at your home. During this time of adjustment, the nurse is there to help answer your questions and provide you with helpful tips and resources.

Car Seats

Two technicians are available to provide car seat installation and education. Free car seats are available for those who qualify. FCPH is an UCare Car Seat Center that provides no-cost car seats to eligible UCare members. Free car seat inspections are available at car seat clinics held throughout the year.

Child and Teen Check-Up (C&TC)

These checkups are complete well child visits for infants, children, and teens. C&TC's are a health care benefit for Minnesotans, age birth to 21, enrolled in Medical Assistance or Minnesota Care. These health check-ups include:

- Health History
- Growth Measurements
- Developmental Checks
- Physical Exam
- Age Appropriate Health and Development Information
- Immunizations When Due
- Laboratory Tests As Needed
- Hearing and Vision Screening

Call FCPH for more info or your health care provider to schedule an exam.



Dental Resources

Call Children's Dental Services at 507-529-0436 to schedule a dental hygiene appointment that includes: dental assessment, cleaning, fluoride,

sealants, oral hygiene instruction, and x-rays to children under age 14 who are members of Medical Assistance, UCare, Blue Plus, and Minnesota Care. Referrals are provided for additional dental services. For other dental resources, call FCPH at 507-765-3898.



Follow Along Program

Sign up to receive periodic surveys regarding your child's growth and development. A public health nurse will provide you with information and activities, which can help to support your child's development.

Home Safety Visits

Home safety visits can be made to identify risks, offer solutions, and sometimes provide safety supplies.

Immunizations

No-cost or low-cost immunizations are available to those who qualify. Please call for more information.

Lead Screening

Qualifying children age 9 months to 6 years may have lead levels screened at WIC clinics.

Maternal Child Health (MCH) Visits

Prenatal home visits are free for pregnant women who meet income guidelines and are at risk for pregnancy complications due to age, health, or a history of pregnancy-related health problems. The purpose of home visits is to provide emotional, physical, and educational support to pregnant women and their family members while improving and promoting healthy pregnancy outcomes.



Women, Infants, and Children (WIC)

WIC provides no cost nutrition education and supplemental food for pregnant and breastfeeding women, infants, and children up to age five. WIC is for Minnesotans who meet income guidelines.

Other Services Available

- Blood Pressure Clinics
- Case Management
- Home Health Aide
- Homemaking
- Long-Term Care Consultations
- Personal Care Attendant Assessments
- Private Pay Foot Care
- Skilled Nursing
- Disease Prevention and Control
- Influenza Immunization Clinics
- Emergency Preparedness Planning
- Health Education
- Radon Testing



Fillmore County must treat everyone the same. You cannot be treated unfairly because of race, color, national origin, age, sex, or disability.

For more information visit:
www.co.fillmore.mn.us

Fillmore County Public Health



Public Health
Prevent. Promote. Protect.

Family Health Services

902 Houston Street NW, Suite 2
Preston, MN 55965
507-765-3898

Office Hours

Monday through Friday
8:00 AM to 4:30 PM

Please call FCPH to learn more about each of these programs or to make an appointment for services.