

BACK-TO-SCHOOL CHECKLIST

Health and Safety Checklist

- ✓ Bus routes and schedules
- ✓ Bell times
- ✓ COVID-19 health and safety information
- ✓ Recommended immunizations
- ✓ School supplies
- ✓ School year calendars
- ✓ Uniform requirements
- ✓ Medical, eye and ear exams



Get Vaccinated for COVID-19.

The CDC recommends vaccination for all children six months and older. Students should receive their COVID-19 vaccine at the same times as other recommended back-to-school immunizations. To learn more or schedule an appointment, visit mchd.org.

Learn more about Alabama's school immunization requirements by visiting alabamapublichealth.gov.



Remember To:

- ✓ Teach your child to make healthy food choices daily.
- ✓ Learn special tips (such as family code words) to ensure your child gets to school safely.
- ✓ Get the facts on school and youth violence prevention from cdc.gov.
- ✓ Is your child playing sports at school? Know your concussion ABCs.



Back-to-School Tips:

- Keep your child home if they feel sick or have a fever.
- Encourage your child to cover their cough and sneezes.
- Stress the importance of not sharing food, water bottles or face coverings.
- Teach and encourage good hand-washing habits.
- Explain to your child why they should keep their hands away from their mouth, nose and eyes.



Stay Connected!

Download the "My MCHD Health Check" app for access to health care resources at your fingertips.

Family Health
healthcare for all generations

