BACK-TO-SCHOOL CHECKLIST

Health and Safety Checklist

- [x] Bus routes and schedules
- [x] Bell times
- [x] Recommended immunizations
- [x] School supplies
- [x] School year calendars
- [x] Uniform requirements
- [x] Medical, eye and ear exams
- [x] Sports physical (if applicable)

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.

Remember To:

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

Get a sports physical (if needed)

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SCAN to download!

Family Health
healthcare for all generations