



Health Ready for High School



Start daily routines. Begin earlier bedtime several weeks before school starts.



Start each day with a healthy breakfast.



Contact your physician for an Escambia County School District authorization form if your child needs medication at school.



Contact your School Nurse to discuss your child's health needs, including medications.



Wash hands before eating, after using the restroom and after blowing your nose, sneezing or coughing. Do not eat or drink after others.



Keep your child at home if they have fever (greater than 100.4), cough or other signs of illness. Keep home until symptom free for 24 hours to prevent others from becoming ill.



Whooping cough (pertussis) is on the rise in our community. It resembles an ordinary cold with a bad cough that may become serious, and should be treated early to prevent spread. The best way to prevent it is through vaccinations. <http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>



Fight the Flu! Have your child immunized against seasonal flu in early fall.



Talk to your child about bullying and encourage them to talk with an adult if this happens to them. Bullying information: http://www.cdc.gov/ViolencePrevention/pdf/Bullying_Factsheet-a.pdf.



Get health insurance information for your children at <http://www.floridakidcare.org/>, at 888-540-5437 or from your School Nurse.

