



## Health Ready for Elementary School



**Start daily routines.** Begin an earlier bedtime several weeks before school starts. Lay out clothes/backpacks the night before. Dress appropriately for school.



**Start each day** with a healthy breakfast. Allow them to become involved in packing a healthy lunch.



**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.



**Keep immunizations current.** View current Immunization requirements @ [http://escambiahealth.com/school\\_health/pdfs/imm\\_at\\_a\\_glance\\_pre\\_k\\_2012\\_2013.pdf](http://escambiahealth.com/school_health/pdfs/imm_at_a_glance_pre_k_2012_2013.pdf)



**Wash hands** before eating, after using the restroom and after blowing their nose, coughing or sneezing.



**Cough or sneeze** into a tissue or your shirt sleeve – not into your hands.



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



**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.



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

