








## Health Ready for Middle School


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


 **Wash hands** before eating, after using the restroom and after blowing their nose, sneezing or coughing. Cough or sneeze into a tissue or your shirt sleeve – not into your hands.


 **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.

 **Keep immunizations current.** View recommended Immunizations @ <http://www.cdc.gov/vaccines/spec-grps/preteens-adol/info-parents.htm>

 **Whooping cough (pertussis) is on the rise** in our community. It resembles an ordinary cold with a bad cough that may become serious. The best way to prevent 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](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.

