

## Health Tips for Child Care and Pre-School



- 🍎 **Start daily routines.** Begin an earlier bedtime several weeks before school starts. Lay out clothes the night before.
- 🍎 **Prepare a healthy breakfast** each morning. Allow your child to become involved in packing a healthy lunch.
- 🍎 **Dress appropriately for school**, including shoes that your child can run and play in (no flip flops!).
- 🍎 **If your child has fever (greater than 100.4), cough, or other signs of illness**, keep them home until symptom free for 24 hours to prevent others from becoming ill.
- 🍎 **Teach your child to cough or sneeze** into a tissue or shirt sleeve – not into hands.
- 🍎 **Encourage your child to wash hands** before eating, after using the restroom and after coughing, sneezing or blowing their nose.
- 🍎 **Fight the flu!** Have your child immunized against seasonal flu in early fall.
- 🍎 **Contact your physician** for an Escambia County School District Authorization form or check with your child care center if your child needs medication at school.
- 🍎 **Keep immunizations current.** View current Immunization Requirements @ [http://escambiahealth.com/school\\_health/pdfs/imm\\_at\\_a\\_glance\\_pre\\_k\\_2011\\_2012.pdf](http://escambiahealth.com/school_health/pdfs/imm_at_a_glance_pre_k_2011_2012.pdf) .
- 🍎 **Provide current emergency contact information** to your child's school or child care center.
- 🍎 **Get health insurance information** for your children at <http://www.floridakidcare.org/>, at 888-540-5437 or from your center/school Nurse.

