













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_2011_2012.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.

