

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 them to become involved in packing a healthy lunch.
- 🍎 **Dress appropriately for school**, including shoes that he/she 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.
- 🍎 **Cough or sneeze** into a tissue or shirt sleeve – not into hands.
- 🍎 **Wash hands** before eating, after using the restroom and after blowing your nose, coughing or sneezing.
- 🍎 **Fight the flu!** Have your child immunized against seasonal flu in early fall and pandemic H1N1 flu when that vaccination becomes available.
- 🍎 **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/immunization_requirements09.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.

