













Health Ready for High School

-  **Start daily routines.** Begin earlier bedtime several weeks before school starts.
-  **Start 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 any health needs of your child, including medications.
-  **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.
-  **Whooping cough (pertussis) is on the rise** in our community. It resembles an ordinary cold with a bad cough that may become serious, and should be treated early to prevent spread. The best way to prevent it 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 and pandemic H1N1 flu when that vaccination becomes available.
-  **View CDCs “Vaccinate Before You Graduate”** recommendations @
<http://www.cdc.gov/vaccines/recs/schedules/teen-schedule.htm>
-  **Talk to your child about bullying** and encourage them to talk with an adult if this happens to them. Bully information:
http://www.bam.gov/sub_yourlife_bullyroundup.html
-  **Get health insurance information** for your children at
<http://www.floridakidcare.org/>, at 888-540-5437 or from your School Nurse.

