













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 any health needs of your child.
-  **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 and pandemic H1N1 flu when that vaccination becomes available.
-  **Talk to your child about bullying** and encourage them to talk with an adult if this happens to them. Bullying information: http://www.bam.gov/sub_yourlife/yourlife_bullyroundup.html
-  **Get health insurance information** for your children at <http://www.floridakidcare.org/>, at 888-540-5437 or from your School Nurse.

