

# Back-to-School Health and Wellness Checklist



## Help ensure a healthy school year for your child.

- Annual physical exam and vaccinations**  
Make sure your child is up-to-date with their annual physical exam and that all shots and vaccinations are current. This is also an excellent time to discuss any new or ongoing health concerns with your child's doctor.
- Update emergency contacts and medical history**  
Even if you think nothing has changed, check your child's emergency contact information at school and with their pediatrician so that it's current in case of an emergency. Include a few different local contacts in case you're unavailable. Additionally, if your child has a medical condition, make sure the school nurse is aware.
- Pack medications**  
If your child takes any medication regularly, make sure you have an up-to-date supply and the school has all the necessary paperwork. If it's a medication your child should have in the classroom, show them how to take it, and alert their teacher.
- Asthma and allergy action plan**  
Work with your doctor to develop an asthma action plan. This plan should be shared with the school so they know what to do in an emergency. It's essential to plan for allergies as well. If your child has food allergies, send safe snacks and drinks and let the school know about potential triggers. It's also a good idea for them to have an EpiPen in case of anaphylaxis.
- Practice healthy habits**  
Give younger kids a refresher course in healthy habits that'll help keep them from getting sick. Show them how to wash their hands properly and teach them how to cover their mouths with their elbow or sleeve when sneezing or coughing. Remind them not to share water bottles or snacks, too.



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