

# Back to School Guide for Healthy Kids

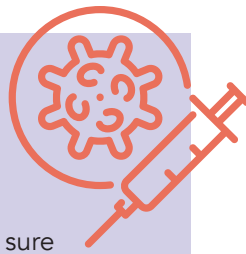
It's back to school time and it can be overwhelming for both kids and parents alike. Here are some things to consider.



**COVID-19 safety:** The pandemic is still happening and it's more important than ever to make sure your child is protected and safe. Be sure and check the requirements for **vaccines** and **masks** with your school district or county health officials. Remind your child that they need to **wash their hands** at school, too!

## Get vaccines up to date:

COVID-19 isn't the only vaccine your child should be up to date on. Talk with your family doctor to make sure your child is where they need to be on their **immunization schedule**.



## Schedule your child's physicals:

Many children are involved in sports and other activities that require a physical exam. Now is the time to get it done.



## Make sure your child isn't

**overbooked:** The beginning of the school year can be a busy and stressful time for children and adolescents. Make sure they aren't **overscheduled** and doing too much at once.



**Back-to-School anxiety:** Your child may not want to go back to school for a number of reasons, including **anxiety**, **social phobia**, or **bullying**. If this happens, talk to your family doctor, along with your child's teacher or school counselor.

**Staying healthy:** Going back to school means being exposed to other kids and **common school illnesses**. It's also the beginning of cold and flu season. In addition to getting vaccinated, there are plenty of other **things you can do** to minimize your child's risk of illness.

**Eating healthy:** When they're not at home, you can't always control what your child chooses to eat. But there are some ways you can encourage your child to **make healthy choices** at school.

