

BACK TO SCHOOL HEALTH AND SAFETY

Discuss back to school safety with your CareATC provider

IMPORTANCE OF BREAKFAST:

Studies show that children who eat a nutritious breakfast function better. These children do better in school, have better concentration and more energy.

- Stay away from sugar foods such as donuts
- Includes fruits, vegetable, and proteins at breakfast

BACKPACK SAFETY:

Backpacks can strain muscles and cause pain if too heavy or not worn properly.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Backpacks should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps.

STOP VIRUSES AND BACTERIA:

Schools foster the transmission of infections from child to child because they are in close contact and share supplies and equipment. Almost 22 million school days are missed each year due to colds and 38 million due to the flu virus.

- Encourage children to wash their hands frequently, especially before eating and after using the bathroom.
- Encourage children to use hand sanitizer when they cannot wash their hands.

VISION SCREENING:

Vision problems affect one in four school-aged children. Children's ability to see the words on a blackboard clearly is critical to their learning experience. Often children do not realize they are having vision problems.

- Take your child for a certified vision screening or eye exam.

IMMUNIZATIONS:

Back to school or annual visits to your child's pediatrician is a great time to ensure your child is up to date on vaccines.

- [cdc.gov/vaccines/schedules/downloads/child/0-18yrs-schedule.pdf](https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-schedule.pdf) See the CDC website for a list of immunization for children 0-18 years of age.

HEAD LICE:

Head lice is a nuisance but has not been shown to spread disease. Personal hygiene or cleanliness has nothing to do with getting head lice.

- Children diagnosed with head lice can begin treatment and return to class.
- Nits can persist but crawling lice should be killed with treatment. Nits are not passed from child to child.

INTERNET SAFETY:

Keeping children safe while online is becoming more and more difficult. According to the FBI, there are an estimated 50,000 predators online at any given moment. 1 in 7 kids, 10 to 17 years old, were sexually solicited online per a Department of Justice report from 2013.

- Talk to your kids about the dangers that exist online and make sure they know to tell you if anyone ever makes them feel uncomfortable.
- To report inappropriate behavior, go to [cybertipline.com](https://www.cybertipline.com)



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