

# Back to School HEALTH CHECKLIST



## ✓ IMMUNIZATIONS

Immunizations are necessary to protect your children from serious diseases. Now it's time to ensure your children are up to date on their immunizations.

## ✓ PHYSICAL EXAM

Physical exams are important for your child's overall health. They help identify potential health issues before they become serious.

## ✓ VISION TEST

Have your child's vision tested before school starts. Nearly 8% of children have uncorrected vision problems that can affect their learning.

## ✓ HEARING SCREENING

Have your child's hearing screened before school starts. Hearing problems can affect a child's ability to learn and communicate.

## ✓ ALLERGY TEST

Children with allergies should have an allergy test before school starts. This helps identify allergens and develop a management plan.

## ✓ HEALTH CONDITIONS

Ensure your child's chronic health conditions are under control before school starts. This helps prevent complications and ensures they can participate in school activities.

## ✓ BACKPACK BASICS

Check your child's backpack weight. It should be no more than 10-15% of their body weight. Use proper packing techniques to reduce strain.

## ✓ NUTRITION PLAN

Ensure your child has a healthy diet and regular meals. Proper nutrition is essential for concentration and learning.

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