



life
happens.

PLAN FOR IT.

Plan For It: Back-to-School Safety Checklist

Are you prepared for your child to head back to school? Check off these items to ensure a healthy transition into the school year.

- Update your child's emergency contact information.
- Pack plenty of water to keep your child hydrated throughout the day.
- Teach your kids how to wash their hands to prevent the spread of germs.
- If your child has allergies, asthma, or diabetes, develop an emergency action plan.
- Schedule your child's physical before P.E. or school sports begin.
- Will your child walk to and from school? Premark a safe route and review safety tips.
- Discuss the different types of bullying and how your child should deal with them.
- Remind your child to warm up and stretch well before physical activity.
- Teach your child how to safely and healthily cope with stress.
- Vaccinate to prevent serious illnesses.

Visiting PlanForIt.org for more emergency resources.



**CHI St. Luke's
Health**

Emergency Services