



GLOBAL HEALTH PHARMACY

ASK YOUR GLOBAL HEALTH PHARMACIST

News from Global Health Pharmacy Education Center Your Health and You: Vol. 19 August 2016

--- In this Issue ---

BACK TO SCHOOL: HANDY HEALTH AND SAFETY CHECKLIST

It's about that time again: Time to switch from swimsuits to school clothes and from beach bags to backpacks. That's probably the easier part. What about preparing your child/children to have the healthiest and safest school year possible? Here's a handy checklist to help you.

SCHEDULE MEDICAL, EYE, AND DENTAL CHECKUPS

Before school starts:

- 1) Check with the pediatrician to see if your child/children need any immunizations.
- 2) Check with the pediatrician to see if your child/children need vision and learning tests. With the many hours children spend in front of the computer/game console, and playing loud music, this might be a concern. Note that some schools perform hearing tests during certain grades.
- 3) If your child is playing sports, ask the pediatrician whether a special checkup is needed. With certain sports, concussions can be a serious problem. Talk to the doctor about ways to protect your child.

ORGANIZE YOUR CHILD/CHILDREN'S MEDICAL HISTORY RECORDS

Provide copies to your child/children's school or daycare providers. Your Global Health Pharmacist can help you pull some of this together.

- 1) Prescription medications
- 2) Medical problems like asthma or allergies
- 3) Emergency contacts
- 4) Diets

COMMUNICATE ABOUT TRANSPORTATION

Some children get dropped up and picked up by their parents. Some carpool. Others walk, bike, or take the yellow school bus. And of course, some teens have their own wheels. Regardless, it's important that your child/children be *—and feel—safe* getting to and from school.

- 1) If you or another adult picks up your child/children, agree on a time and place for pickups. Explain what to do if the driver is running late.
- 2) If your child/children walks or bikes, do a dry run and explain any potential traffic hazards.
- 3) If your child/children takes the bus, find a safe route and agree on a visible pickup and drop-off spot. Ideally, this is a place where other children are around and adults can clearly see them.



GLOBAL HEALTH PHARMACY

- 4) If your child/children drives to school, be crystal clear about safe driving—including ditching that teen temptation: texting while driving.
- 5) Create an emergency plan in case anything goes awry. In fact, make sure your child/children knows what to do in an emergency – whether at home or at school or anywhere in between.

REMEMBER THAT THERE'S MORE TO SCHOOL THAN HITTING THE BOOKS

Good nutrition and exercise are essential for brain health.

Here is a list of a few other things:

- 1) Be consistent about bedtime and wake-up times. “Early to bed and early to rise makes a man/woman healthy and wise.” Growing children need at least 8 hours of sleep – and teens need even more.
- 2) Make homework a habit by having clear routines. But don’t overlook free time and friend time.
- 3) Explain ways to prevent infection, for example, regularly washing hands and not sharing hats or clothing. That’s one way lice get around!
- 4) Keep lines of communication open. Listen for signs of bullying or other concerns. Many parents find that car rides are a great time to have nonthreatening conversations with their child/ children. Contact the school if a problem like bullying does arise.

Now about those school supplies ... come by the Pharmacy to stock up. And while you’re here, your Global Health Pharmacist can go over your health safety plans for the school year.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

References:

- 1) CDC: Back to School Health & Safety Checklist. Available at: <https://www.cdc.gov/media/dpk/2013/docs/back-to-school/Back-to-School-Checklist.pdf> Accessed 7-3-16
- 2) National Association of School Nurses: Back to School Family Checklist. Available at: <https://www.nasn.org/portals/o/resources/BacktoSchoolChecklistFamily 2015.pdf>. Accessed 7-03-16
- 3) EmergencyCareForYou: Homework for Parents – Your Child’s Back-To-School Health Checklist. Available at: <http://www.emergencycareforyou.org/Health-Tips/Child-Emergencies/Homework-for-Parents-%E2%80%94-Your-Child-s-Back-to-School-Health-Checklist/> Accessed 7-03-16