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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
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MORGAN COUNTY HEALTH DEPT.



BACK TO SCHOOL SAFETY TIPS

August has officially arrived and many in our county are busy with back-to-school preparations. As you prepare to send the children in your life back for another school year, don't forget to plan for their safety and their health.

Students need to be the healthiest they can be so they can be present at school. School absences can greatly impact your child's foundation for learning. Staying up to date on recommended immunizations and scheduling well child checks with your healthcare provider are great places to start. If you have questions about whether or not your child is caught up on their vaccinations, you can call our office at 740-962-4572 to speak with our nurse. She will be happy to check their records. She will also be at the Back 2 School Bash at the McConnelville Commons 11am-1pm on Saturday, 8/5 and at the Morgan Junior High Open House 6-7:30pm on Monday, 8/14.

It is also important that you quickly complete and return any health-related documents that are sent home from your child's school. Forms such as emergency medical authorizations contain contact information and chronic illness/allergy information that help keep your child safe. New authorization forms for administration of medication must also be submitted each school year if your child needs medications while at school.

As you are choosing backpacks for the new school year, be sure to choose a backpack for your child carefully. Look for features that enhance your child's safety and comfort. Children should be instructed to use both straps when wearing their backpack to evenly distribute the weight on their shoulders. Backpacks should weigh no more than 5% to 10% of your child's body weight. Try not to overstuff their backpack.

Now is also a great time to have conversations with your child about subjects such as mental health. Your child's mental health can be affected by transitions such as a new school year. Don't know how to start these conversations? Check with your child's healthcare provider or visit <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/How-to-Talk-to-Your-Child-About-Their-Mental-Health>.

Vaping is another conversation topic to start now with your older children. Vaping is on the rise in our nation and can have serious health effects. Did you know that about 1 in 4 high school students and 1 in 10 middle school students have tried vaping? Need more information on vaping? Our Tobacco Cessation Coordinator, Chelsey, will be joining our nurse, Amanda, at the Morgan County Farmers Market on Thursday, 8/3 and at the Back to School Bash on 8/5.

Stay tuned to our column next week for safety tips for your students while they are traveling to and from school. We wish all the students of Morgan County a happy healthy school year! The greatest wealth of the community is the health of the people.