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# MCHD HEALTH BLOG

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



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## BACK TO SCHOOL HEALTH AND SAFETY

Can you believe the new school year is only one week away? Summer always seems to fly by so fast. 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 a nurse.

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.

How will your child get to school? A safe route to school is a vital part of your child's day. If your child walks to a bus stop, practice walking to the bus stop with them before the first day of school. Talk to your child about safety measure such as:

- Walking on the sidewalk, if one is available, or walking facing the traffic if there is no sidewalk.
- Stopping to look left, right and left again to see if cars are coming before crossing the street.
- Making eye contact with drivers before crossing and to always cross streets at crosswalks or intersections.
- Watching the road, not their phone.
- Never playing or pushing others when they walk around traffic.

If your child takes the bus to school, teach them school bus safety rules and practice with them.

- Dress children in light colored clothing or jackets on dark mornings for greater visibility.
- Avoid clothing and jackets with drawstrings because they can be dangerous if they catch on objects on the bus or playground.
- Help children to be ready at the stop before their bus arrives. Be sure your child knows where to wait safely for the bus. Be sure to remind them not to engage in horseplay while at the bus stop. Your child and the bus driver should always be able to see each other.

Unsure of the school bus safety rules? The local bus drivers and staff at the bus garage would be happy to share this safety information with you. The Morgan Local Bus Garage can be reached at 740-962-3685.

We wish all the students of Morgan County a safe and healthy school year! The greatest wealth of the community is the health of the people.