



## BACK-TO-SCHOOL READY? CHECK HEALTH REQUIREMENTS

HICKORY, NC – As parents are busy preparing their children for school, Catawba County Public Health school nurses are reminding parents about school health requirements.

To ensure that health is not a barrier to a successful school year, school nurses encourage parents to review and complete their child's school health requirements now. These may include the following:

- **North Carolina kindergarten health assessment:** A requirement for all children entering kindergarten in North Carolina.
- **Required immunizations,** including bringing a copy of immunizations records to your child's school from the doctor's office. For a child to be considered fully immunized, most schools require DTaP and Tdap (diphtheria, tetanus and pertussis), polio, varicella (chicken pox), MMR (measles, mumps and rubella), and Hepatitis B.
- **Medication form for medicine needed at school:** A form required for medication that must be given during the school day, for both prescription and over-the-counter medicines.
- **Special diet order:** Students requesting a change from the standard lunch for allergies, gluten-free diets, or medical conditions are required to have this form filled out.
- **Individual care plan:** Creates a plan to manage and lessen the impact of a child's existing health condition, such as diabetes, allergies, and seizures, on his or her ability to learn.

"These reminders are especially important when children are visiting their physicians, as many of the requirements need a signature from the physician or copy from the doctor's office," said Jennifer Lindsay, school health supervisor, Catawba County Public Health.

Public Health is collaborating with Catawba County Schools, Hickory Public Schools, and Newton-Conover City Schools to get this important message out.

"As a parent myself, I understand the back-to-school rush can be overwhelming, making it easy to forget some important back-to-school health requirements," said Lindsay. "We've set up a webpage that has reminders, recommendations, and sample forms all in one place to make it easier for parents to know what their child needs before going back to school."

For more information on back-to-school health requirements, contact Catawba County Public Health school health at (828) 695-5800 or visit the school health resource webpage:

[www.catawbacountync.gov/phealth/Child/SchoolHealthResources.asp](http://www.catawbacountync.gov/phealth/Child/SchoolHealthResources.asp)

Located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).

*"Leading the Way to a Healthier Community"*