



Back to School

Health & Medical Checklist

Before School Starts

- ☐ Update emergency contacts and ensure the school has current information.
- ☐ Schedule healthcare appointments before school begins.
- ☐ Make sure your child's immunizations meet your state's school requirements (or required exemptions are completed).
- ☐ Bring school medication authorization forms to appointments (check the school website or ask the school nurse/office staff for forms).
- ☐ Request updated medical orders from providers.
- ☐ Notify the school of any new diagnoses, surgeries, medication changes, or other important health updates.



Medications & Supplies

- ☐ Medications are in original pharmacy-labeled containers.
- ☐ All medications are within expiration date.
- ☐ Refill prescriptions before school starts.
- ☐ Gather all needed medical supplies.

Examples: Inhaler • EpiPen • Glucose meter • Rescue medication
Feeding supplies • Snacks • Change of clothes • Other supplies specific to your child



Health Plans

- ☐ Does my child have a medical condition that requires care at school?
- ☐ Does my child need an Emergency Action Plan (allergies, asthma, seizures, diabetes, etc.)?
- ☐ Has the school received updated medical information and provider orders, if needed?
- ☐ Does the school know what is normal for my child and what changes would be concerning?



Communications & Support

- ☐ Connect with the school nurse or designated health staff before the first day.
- ☐ Share strategies that help your child succeed.
- ☐ Ask questions if you're unsure about school health procedures.
- ☐ Discuss plans for field trips, transportation, or extracurricular activities, if applicable.



Questions to Ask Yourself

- ☐ Would someone unfamiliar with my child know what to do in an emergency?
- ☐ Have I shared the most up-to-date medical information with the school?
- ☐ Do I feel confident my child's needs are clearly understood?