



## Back to School

### Health and Medical Checklist

#### Before School Starts



- Update emergency contacts and ensure the school has current information
- Schedule healthcare appointments before school begins
- Bring school medication authorization forms and emergency care plans. Find the form at [www.west-fargo.k12.nd.us/families/health-services/health-conditions](http://www.west-fargo.k12.nd.us/families/health-services/health-conditions)
- Provide updated immunization records to the school
- Request updated medical orders from providers
- Tell the school about any health changes

#### Medications & Supplies



- Medications must be in original, pharmacy-labeled containers
- All medications are within their expiration date
- Refill prescriptions before school starts
- Gather all needed medical supplies (EpiPen, glucose meter, rescue medication, feeding supplies, snacks, change of clothes, or 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 Care Plan (allergies, asthma, seizures, diabetes, etc)? Find the form at [www.west-fargo.k12.nd.us/families/health-services/health-conditions](http://www.west-fargo.k12.nd.us/families/health-services/health-conditions)
- Has the school received updated medical information?
- Does the school know what is normal for my child and what changes may be concerning?

#### Connect with your School Nurse



- Connect with the school nurse or designated health staff before the first day of school
- Share strategies to help your child succeed
- Ask questions if you are unsure about school procedures
- Discuss plans for field trips, transportation, or extracurricular activities if applicable
- Share the most up to date medical information
- Ask yourself if you feel confident your child's needs are clearly understood