

HEALTHY.READY. THRIVING.

Your one-month school health check-in

Healthy routines and early attention to symptoms help you stay ready to learn.



DAILY BASICS

- ✓ Drink water throughout the day.
- ✓ Eat regular, balanced meals.
- ✓ Aim for 8-10 hours of sleep.

Daily habits support learning.



HEALTH NEEDS

- ✓ Follow your medication plan.
- ✓ Keep health devices available.
- ✓ Update the nurse about changes.

Your health plan matters.



NOTICE SYMPTOMS

- ✓ Pay attention to new symptoms.
- ✓ Do not ignore worsening pain.
- ✓ Tell an adult when you feel ill.

Early attention makes a difference.



VISIT THE NURSE

- ✓ Report injuries promptly.
- ✓ Seek help when symptoms worsen.
- ✓ Follow your campus health plan.

The campus nurse is here to help.

YOUR HEALTH CHECK: KNOW WHEN TO ACT



HEALTHY SIGNS

- ✓ Hydrated with steady energy
- ✓ Regular meals and sleep
- ✓ Following your health plan
- ✓ Feeling ready to learn

Keep healthy habits going.



GET HELP SOON

- ✓ Fever, vomiting, or diarrhea
- ✓ Breathing trouble or chest pain
- ✓ Dizziness or dehydration signs
- ✓ An injury or symptom that worsens

Report symptoms early.



WHO CAN HELP

- ✓ A parent or caregiver
- ✓ Your campus nurse
- ✓ Your healthcare provider
- ✓ Call 911 for an emergency

Help is available.

A SIMPLE HEALTH PLAN FOR THIS WEEK

Prepare for your health needs, practice prevention, and report concerns early.

1

PREPARE

Bring water and any approved health supplies.

2

PREVENT

Wash hands and avoid sharing personal items.

3

REPORT

Tell an adult about symptoms or injuries promptly.



YOUR CAMPUS NURSE IS HERE TO HELP.

Questions or concerns? Contact your campus nurse or healthcare provider.



Healthy students are ready to learn, participate, and thrive.