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Dickinson-Iron District Health Department Kicks off
“Back to School” Month

Kingsford and Iron River, Michigan, August 1, 2008 - Shuffling your child back to school these
days takes more than a new wardrobe and a shiny apple. What about the dizzying array of
immunizations? Hearing and vision tests? Special instructions for the school nurse? And tips
for buying and loading a backpack that will help protect your child’s back (Webmd.com).

For a child going back to school is often a mix of emotions. Along with the excitement about
getting a new teacher, seeing their friends and participating in sports most children are worried
about not making friends, homework, and missing the fun of summer. While children are worried
about going back to school their parents and teachers worry about keeping them healthy, safe
and free from infection while in school.

Public Health is always working to protect families and communities. The Dickinson-Iron District
Health Department wants to help families and teachers take the right steps in ensuring a “happy
and healthy” child. It is important to protect children from common childhood illness. The
healthier a child the more prepared they will be to learn.

Making sure a child is up-to-date on all vaccinations, hearing and vision checks and are properly
nourished, can give the child a healthy start to the school year. The following are health and
safety tips for back to school from the American Academy of Pediatrics (AAP) that can help in
preparing your child for that first day:

- Remind your child that he/she is not the only student who is a bit uneasy the first day
  of school.
- Point out the positive aspects of starting school: It will be fun. He’ll/She’ll see old
  friends and meet new ones.
- Find another child in the neighborhood with whom your youngster can walk to school
  or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with him/her) to school and pick
  up on the first day.

“Giving our children a healthy start to the school year is one of the best things we can do in
preparing them for “Back to School,” states Joyce Ziegler, Community Health Services Director.
“Parents need to keep their child’s immunizations up-to-date to safe guard against the diseases
of the past, get their vision and hearing checked on a regular basis, and promote a healthy diet
and encourage activity throughout the week. Families along with schools and communities can
work together to make the start of school not only exciting and fun, but ensure that each and
every student is sent “Back to School” healthy and ready to learn. Public Health along with
Dickinson-Iron District Health Department are always working to promote healthy lifestyles,
because we all pay the price when Michigan is unhealthy.

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The Dickinson-Iron District Health Department is committed to promoting wellness, preventing disease, providing health care, and protecting the environment. For information about infectious disease prevention and services, visit www.didhd.org or call your local health department.

Additional information about the “Public Health – For Michigan. For You.” slogan can be found at www.malph.org.