



# BACK TO SCHOOL PREPAREDNESS



ARE YOU AND YOUR CHILD READY FOR A HEALTHY SCHOOL YEAR? WHILE THE FIRST DAY OF SCHOOL VASTLY APPROACHES, START PREPARING ALL OF YOUR NECESSARY TASKS TO START THE YEAR OFF RIGHT!



① MAKE SURE YOUR CHILD IS UP-TO-DATE ON THEIR IMMUNIZATIONS. SCAN THE CODE(S) FOR THE MOST RECENT IMMUNIZATION REQUIREMENTS FOR NEW JERSEY!



② SCHEDULE ANY NECESSARY DOCTOR APPOINTMENTS (PHYSICALS, EYE EXAMS, ETC.).



③ START YOUR NIGHTTIME ROUTINES AND EARLY WAKE UPS NOW SO YOUR CHILD IS ACCLIMATED FOR THE START OF THE SCHOOL YEAR.



- SOME BACKPACK ESSENTIALS:**
- REUSABLE WATER BOTTLE
  - SUNSCREEN
  - HAND SANITIZER
  - EMERGENCY CARD

## BACKPACK EMERGENCY CARD:

IT IS VERY IMPORTANT TO HAVE EMERGENCY CONTACT INFORMATION WITH YOU AND YOUR CHILD IN CASE OF AN EMERGENCY.



SEE THE NEXT PAGE FOR SAMPLE EMERGENCY CARDS TO USE THIS SCHOOL YEAR! →



# BACKPACK EMERGENCY CARD



## CHILD'S CARD

BACKPACK EMERGENCY CARD		EMERGENCY CONTACTS	
Child's Name: _____	Date of Birth: _____	Contact 1 Name: _____	_____
Home Address: _____	_____	Relationship: _____	Cell Phone: _____
School: _____	_____	Contact 2 Name: _____	_____
Teacher: _____	School Phone: _____	Relationship: _____	Cell Phone: _____
Special Needs, Medical Conditions, Allergies, Important Information: _____		Emergency Pickup Address: _____	
_____		Pediatrician Name: _____	Phone: _____
<b>DIAL 911 FOR EMERGENCIES.</b>		<b>DIAL 911 FOR EMERGENCIES.</b>	

## PARENT OR GUARDIAN'S CARD

WALLET EMERGENCY CARD		WALLET EMERGENCY CARD	
Child's Name: _____	Date of Birth: _____	Contact 1 Name: _____	Cell Phone: _____
Home Address: _____	_____	Contact 2 Name: _____	Cell Phone: _____
School: _____	_____	Emergency Pickup Address: _____	
Teacher: _____	School Phone: _____	Child's Pediatrician: _____	
Special Needs, Medical Conditions, Allergies, Important Information: _____		Child's Healthcare Specialist: _____	
_____		_____	
<b>DIAL 911 FOR EMERGENCIES.</b>		<b>DIAL 911 FOR EMERGENCIES.</b>	

SOURCE: [CDC.GOV](https://www.cdc.gov)

FOR MORE INFORMATION ON BACK TO SCHOOL READINESS, VISIT THE CDC'S PAGE:  
[BEYOND SCHOOL SUPPLIES: BACK TO SCHOOL REMINDERS & READINESS](#)