

# BACK TO SCHOOL

## HEALTH & WELLNESS

Florida  
HEALTH

MAKE SURE YOUR CHILD IS GETTING BACK INTO THEIR ROUTINE BEFORE SCHOOL STARTS

### KEEP KIDS STRONG FROM THE INSIDE OUT

Your child's overall good health can be fostered through eating nutritious foods, getting regular physical activity, and maintaining good sleep habits.

#### Healthy Eating

Proper nutrition is essential for children to grow and develop. Focus on fruits, vegetables, and protein. Limit sugar, saturated fats, and processed foods.



#### Regular Exercise

Encourage your child to be physically active for 60 minutes or more each day, like active play at the park or organized sports.



#### Getting Enough Sleep

Sleep is just as important to your children's development as nutrition and physical activity. Recommended sleep by age:

3-5 years  
10-13  
HOURS

6-12 years  
9-12  
HOURS

13-18 years  
8-10  
HOURS

### COUNTY HEALTH DEPARTMENTS SUPPORT THE COMMUNITY

Contact your health care provider or local county health department (CHD) about back to school health and wellness to get your kids ready for a successful school year, inside and out. County health departments provide **year-round services**, including:

Immunizations

Birth Certificates

School starts in Sarasota County August 10th, will your student ready?

DOH Sarasota is scheduled to host a Back-to-School Vaccination clinic, Saturday, August 5th from 8 a.m. to noon, no appointment necessary, walk-ins only.

- Required vaccines for entry into school will be available as well as the DOH form 681.  
**\*Your child must be registered in Florida Shots**
- Parents **must** bring the child's birth certificate and their valid ID.
- DOH Sarasota will see the first 150 children, so staff has the time to process and vaccinate before our scheduled closing at noon.
- Parents with children that are not able to be vaccinated on the day will be offered an appointment in the future so that the child may start classes on time.

**Important:** If your family is new to Florida, please visit one of our immunization clinics by August 1st. to register your children in Florida Shots.

- William L. Little Health and Human Services Center, 2200 Ringling Blvd, Sarasota, FL 34237
- North Port Health Center, 6950 Outreach Way, North Port, FL 34287

For more information on school immunizations, visit:

