

# Get ready FOR THE SCHOOL YEAR



## Back to school health checklist for parents

Follow this simple health check list to help your child prepare for school

### Asthma medicines

- ✓ Are all asthma inhalers labelled and in-date?
- ✓ Does your child have a spacer in good condition? Let us help you check.
- ✓ Do you and your child know asthma first-aid techniques? Your Ramsay Pharmacist can provide advice.
- ✓ Inhaler technique – most people with asthma don't use their inhalers correctly. Talk with your Ramsay Pharmacist who can check your child's technique so they are using their medicines correctly.
- ✓ Does your child have an asthma action plan from their GP?
- ✓ Have you spoken with your school regarding your child's medication requirements?

### General medicines

- ✓ Does your child have hand sanitiser to take to school?
- ✓ Does your household have:
- ✓ Paracetamol
- ✓ Ibuprofen
- ✓ Antihistamines
- ✓ Hydralyte®
- ✓ Are all medicines to be taken to school labelled for school use, for each child?



### Head lice

- ✓ Does your household have head lice treatments on-hand? Schools often give notice to parents of outbreaks within the school, and it is convenient to have treatments on-hand for these notifications.

### Allergy and anaphylaxis

- ✓ Does your child use an EpiPen® and is it labelled and in-date?
- ✓ Are both child and carer(s) familiar with EpiPen® administration technique? Your Ramsay Pharmacist can provide guidance. Does the child have an allergy or anaphylaxis action plan from their allergy specialist or GP?

### Sun protection and sport

- ✓ Is sunscreen in-date? Is it at least SPF 30+, or preferably SPF 50+?
- ✓ Does your child have a hat?
- ✓ Does your child have lubricant eye drops to alleviate redness from chlorine exposure for school swimming?



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