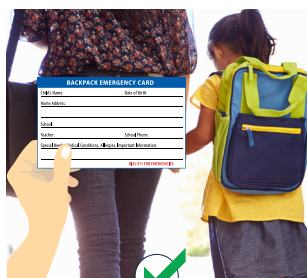




Healthy Return to School Checklist

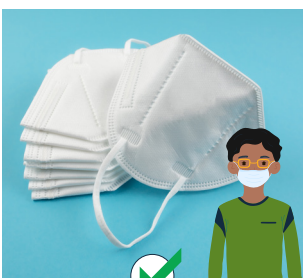
Make sure your kids have what they need to stay healthy and safe at school.



**Backpack
Emergency Card**
to provide emergency
contact info



**Hand Sanitizer
& Tissues**
to avoid spreading
germs to others



A Mask
to protect themselves
and others



Hand sanitizer should be used with adult supervision for children younger than 6 years.



**Healthy Breakfast,
Lunch, & Snacks**
to encourage good nutrition
throughout the day



**Reusable
Water Bottle**
to stay hydrated and
avoid sugary drinks



**Sneakers &
Loose-fitting Clothing**
to make it easy to be active



Helmet
to prevent serious head or brain
injuries if they bike to school



Insect Repellent
to protect from mosquitoes,
ticks, and other insects



**Sunscreen, Hat, Sunglasses,
Long Sleeves, & Pants**
to protect from the sun



TIPS



HANDWASHING

Prevent the spread of germs. Teach your kids the five handwashing steps—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating.



MENTAL HEALTH

Your kids' mental health plays a role in the way they learn, behave, and develop. Learn more about transitioning back to school.

Learn more about what you can do to support healthier schools.

For more information about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit [cdc.gov/chronicdisease](https://www.cdc.gov/chronicdisease).



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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