



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:
DIAL 911 FOR EMERGENCIES.		DIAL 911 FOR EMERGENCIES.	

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:	
DIAL 911 FOR EMERGENCIES.		DIAL 911 FOR EMERGENCIES.	

SOURCE: CDC.GOV

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



COUNTY OF MORRIS
DIVISION OF PUBLIC HEALTH
PO BOX 900
MORRISTOWN, NJ

