Back to School: Health Checklist for Parents and Carers



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✅ Check your child's vaccinations are up to date:

Vaccinations protect children from serious illnesses such as measles, whooping cough and meningitis. They also help protect family members who are more vulnerable and reduce the spread of infection within schools and the community.

Why it matters:

Measles is spreading in some communities. Having 2 doses of the MMR vaccine gives the best protection against measles, mumps and rubella.

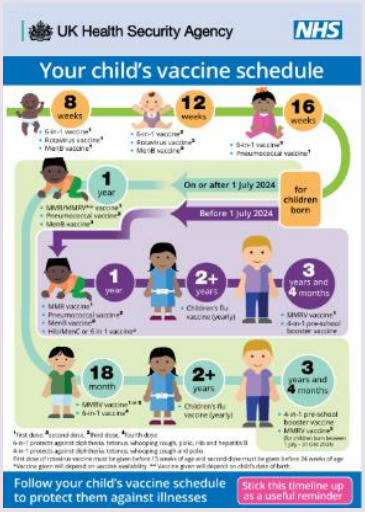
How to check your child's vaccines are up to date:

You can check your child's Red Book (Personal Child Health Record), view vaccination records through the NHS App (where available), or contact your child's GP practice if you are unsure whether your child's vaccinations are up to date.

Useful Links:

For further information about childhood vaccinations, please see links below:

- www.nhs.uk/vaccinations/
- www.nhs.uk/vaccinations/mmr-vaccine/





✅ Look out for your child's flu vaccination invitation:

Flu can make children very unwell and may mean they miss school and other activities

The flu vaccine helps protect children from flu and can help stop it spreading to family and friends. Most children who can get the vaccine will be offered a quick nasal spray at school.

Why it matters:

The flu vaccine helps protect children, their families and people who may be vulnerable to serious illness.

What can you do:

Look out for the e-consent form from your child's school and return it so your child doesn't miss out.

Useful Links:

For further information about the child flu vaccine, please see links below:

- Children's flu vaccine - NHS





✅ Refresh good hand hygiene habits:

Washing hands regularly is one of the best ways to stop the spread of coughs, colds, flu and stomach bugs.

Why it matters:

Washing hands regularly helps stop children getting ill and helps them stay in school.

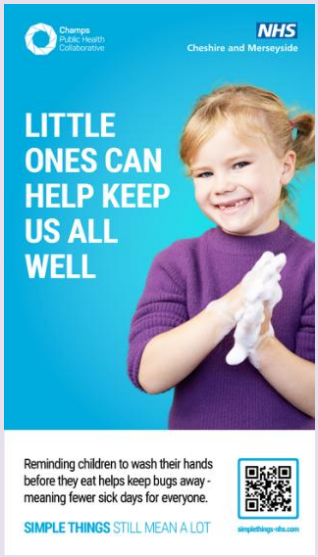
When should children wash their hands:

Encourage your child to wash their hands with soap and warm water for at least 20 seconds, especially before eating, after using the toilet, after playing outside, and after coughing or sneezing. This is one of the best ways to stop germs spreading.

Useful Links:

For further information about hand hygiene, please see links below:

- Simple Things
- How to wash your hands - NHS



✅ Teach ‘Catch it, bin it, kill it’:

Covering coughs and sneezes and washing hands afterwards helps stop infections spreading.

Teach your child to use a tissue when they cough or sneeze. If they do not have a tissue, they should cough or sneeze into their elbow. Always throw used tissues away and wash hands afterwards.

Why it matters:

Simple hygiene habits help reduce the spread of respiratory infections, including flu, COVID-19 and common colds.

Useful Links:

For further information about Catch it, Bin it, Kill it, please see links below:

- Simple Things



✅ Know when to keep your child at home:

Children do not need to stay off school because of every cough or cold. However, some illnesses require children to stay at home to reduce the risk of transmission to others.

Keep your child at home if they:

- Have a high temperature or fever
- Are unwell and unable to participate in normal activities
- Have diarrhoea and/or vomiting (stay away for at least 48 hours after symptoms stop)

Why it matters:

Keeping children at home when they have some infectious illnesses helps prevent outbreaks and protects other pupils, staff and the wider community.

Useful Links:

For further information about childhood infectious illnesses and when to keep your child off school, please see links below:

- Is my child too ill for school? - NHS



✅ Be measles aware:

Measles is a highly infectious illness that can spread quickly where people are in close contact. Vaccination remains the best protection.

Signs of measles

- High temperature
- Runny nose
- Cough
- Sore, red eyes
- A rash that usually starts on the face and spreads across the body

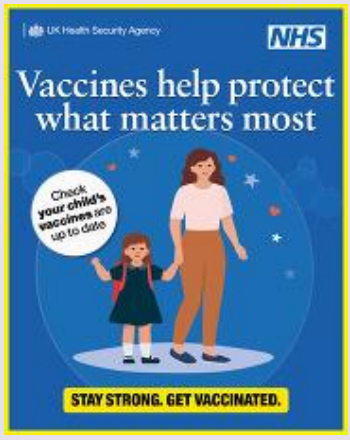
Why it matters

Measles can cause serious illness, especially in young children and vulnerable individuals. Two doses of MMR provide the best protection.

Useful Links:

For further information on measles and the MMRV vaccine, please see links below:

- A guide to the MMRV vaccination
- MMR vaccination for all eligible



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