



## Press Release

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### Public Health Back to School Checklist

Cook County Department of Public Health (CCDPH) officials remind suburban Cook County residents to keep public health basics on the back to school checklist.

- Childhood immunizations are not only vital to keeping your child healthy; they are required by law for your child to attend school. New Illinois Department of Public Health rules for the 2014-2015 school year require children entering school at any grade level (kindergarten through 12) need to show proof of having received two doses each (instead of just one) of rubella and mumps vaccines. In addition, any child entering kindergarten, sixth grade or ninth grade for the first time shall show proof of having received two doses of varicella (chicken pox) vaccine.
- Make sure your child receives a flu shot this fall.
- Talk to your child about the importance of hand-washing before and after every meal, after using the restroom and any time his hands are visibly soiled. Teach your child to use soap and water and rub his hands for at least 20 seconds before rinsing and then drying hands thoroughly.
- Make sure your child understands the importance of covering a cough or sneeze to prevent from spreading germs.
- Keep your child home if ill with a fever 100 degrees or higher, has nausea or vomiting or has three or more episodes of diarrhea within a 24-hour period. Make sure your child is symptom-free for 24 hours before sending him back to school.
- Make sure child maintains a healthy diet to keep his immune system up and stay focused during the school day.

For more information, please visit [www.cookcountypublichealth.org](http://www.cookcountypublichealth.org), @Cookcohealth and [facebook.com/CCDPH](https://www.facebook.com/CCDPH).

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