

back-to-school health calendar 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-27-17 Are you ready for a new school year? Find out how you can keep your family healthy while juggling school activities.	8-28-17 Pack portable hand sanitizer in bookbags & purses to keep in easy reach. Have your kids use it before eating & after using the bathroom.	8-29-17 Make your sick plan & don't let illness derail your day. Our blog post offers great tips to get prepared.	8-30-17 Mid-week health check: Getting enough sleep? Children 6 to 12 years old should get 9-12 hours of sleep. Teenagers should get 8-10 hours.	8-31-17 It's still hot & kids need to stay hydrated. Have them use a BPA-free refillable water bottle & encourage them to drink plenty throughout the day.	9-01-17 Weekly report card: Have a family dinner & check in with everyone. How did the week go? What new health habits are they doing well?	9-02-17 School sports? Don't forget to get a no-appointment-needed sports physical from MedExpress. We'll make sure your athlete is ready for the game.
9-03-17 Plan healthy lunches for the week. Pack something from each food group: veggies, fruits, grains, protein, & dairy. For ideas, visit: choosemyplate.gov	9-04-17 Make time to relax with your kids in the evening - read together or take a walk. Time with family helps kids de-stress & recharge, which is important for overall health.	9-05-17 Health stat: According to the CDC, children get about 6-10 colds per year. Find out what you need to know about the common cold .	9-06-17 Mid-week health check: Refresh your medicine cabinet. Throw out anything that is expired, check the batteries in your thermometer, & restock over-the-counter medications.	9-07-17 Time for a pop quiz. Watch your kids as they wash their hands before dinner. Be sure they are using soap & scrubbing for at least 20 seconds before rinsing.	9-08-17 Weekly report card: What foods did your kids enjoy in their lunches this week? Do they have suggestions for other healthy lunch items they would try?	9-09-17 Game day? In September, youth athletes are still at risk of heat-related illnesses. Be sure cold water or sports drinks are available for them to drink.
9-10-17 Kickstart the week with good sleep. Create a calming bedtime for everyone by limiting the use of electronic devices about an hour or two before bed.	9-11-17 Follow MedExpress on Facebook & Twitter for up-to-date health tips, news, & community events.	9-12-17 Fall is just around the corner & so are fall allergies. Ragweed is the most common allergy trigger in the fall, causing allergic rhinitis in sufferers.	9-13-17 Mid-week health check: Keep an eye out for lice, which cause an itchy scalp & neck. Learn more about symptoms & treatment on our website.	9-14-17 Get the whole family moving. Exercise is great for everyone & it doesn't have to take place at a gym. Go to the park, play in the yard, or take a hike.	9-15-17 Weekly report card: Did everyone get plenty of sleep this week? Did they take a break from electronics?	9-16-17 School sports are in full swing. If your athlete has an injury, our friendly medical team can quickly examine & treat any sprains, strains, or breaks.
9-17-17 Meal prep for the week so you're ready with healthy dinners & stock the fridge with ready-to-grab snacks like carrot sticks, string cheese, & cut up fruit.	9-18-17 Don't forget: Our caring medical team is available 8-8 every day, with no appointment needed. We'll help you figure out when illnesses need medical treatment or a day at home.	9-19-17 Get the scarves & gloves ready. As the season's weather starts to transition, make sure everyone has warmer layers to put on for chilly mornings at the bus stop.	9-20-17 Mid-week health check: Do you know the differences between viral & bacterial illnesses? Learn more about viruses and bacteria .	9-21-17 Homework haggling? Keep evenings structured so kids know what to expect & to reduce the battles over homework. Post the schedule on the fridge where they can see it.	9-22-17 Weekly report card: Did it help save time to have healthy snacks prepped? And did the kids take advantage of the healthy options?	9-23-17 Athletics aren't just for kids. Exercise is important for everyone's health. Check out athletic clubs or gyms in your area for sports you like - or to try something new.
9-24-17 Our convenient neighborhood medical centers are open 8-8 every day. If you need us, we're probably close to your carpool route .	9-25-17 Fall time is generally when we start seeing more ear infections in our centers. Learn about symptoms & treatment .	9-26-17 Make the grade with cold & allergy preparedness: Saline nasal sprays can help keep nasal passages clear. And soft tissues are a must for frequent wiping.	9-27-17 Mid-week health check: Get a jumpstart on calendar planning. Call your doctors & dentists now to schedule preventive care appointments for the family for the next six months.	9-28-17 We'll help you outsmart the flu this season. A visit to MedExpress for a quick flu shot is an easy, convenient way to protect yourself & your family from the flu.	9-29-17 Weekly report card: Did everyone get their flu shot? If not, there's still time for this important preventive health step. Learn more at medexpress.com/services-and-treatment/flu-shots	9-30-17 National Family Health & Fitness Day. Get active with the ones you love!

This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

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