

Tips for a Healthy Start to the School Year

Simple ideas to help students start the school year
healthy, safe and ready to learn

Click on each box for more details



[Stay up to date
with vaccines](#)



[Report vaccines
to Toronto Public
Health](#)



[Make water the
drink of choice](#)



[Get regular eye
exams](#)

- Yearly eye exams are covered by OHIP for children from birth to 19 years



[Wash hands often,
cover coughs and
sneezes, and stay
home when sick](#)



[Build Healthy Routines](#)

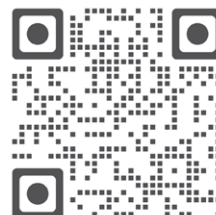
- Stay active – see activeTO.ca
- Limit screen time during the day and avoid screens at least one hour before bedtime
- Get enough sleep
- Get to school on time



[Consider walking or
biking to school](#)

- Remember road safety rules
- Riding to school? Wear a properly fitted helmet and avoid e-scooters, which can cause serious injuries and are illegal to ride in Toronto. Choose non-electric bikes and kick-scooters instead. Learn more at toronto.ca/rideables

Scan the code for
[information](#) on these
topics and more!



Toronto Public Health

toronto.ca/health 416.338.7600