

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

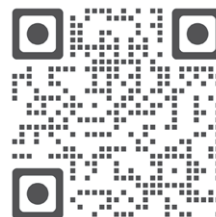
- Stay active – see activeTO.ca
- Limit screen time during the day and avoid screens at least one hour before bedtime
- Get enough sleep
- Get to school on time



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

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