



"Inspiring Better Health for All"

Forest County Health Department
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<http://forestcountypublichealth.org/>

FOR IMMEDIATE RELEASE

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Tips for a Healthy School Year!

The kids have a few weeks under their belt and the Forest County Health Department would like to give parents some tips for a healthy start to the school year!

Tips for staying healthy this year:

- **Get enough sleep.** Sleep is very important to help your child's health and learning. 10-11 hours of sleep per night is the recommendation for school-aged children.
- **Eat healthy.** It is important to have your child eat a healthy breakfast before school and healthy snacks during the day. Healthy options include a variety of fresh fruits and vegetables, whole grains, and protein while low in added sugar. Encourage your child to drink water throughout the day.
- **Stay active.** Encourage your child to stay active after school by playing outside or being part of after-school activities. Limit time spent watching television, playing video games, or playing on cell phones, tablets, or computers.
- **Cover your cough.** Teach your children to cough and sneeze into their elbow, not their hands.
- **Wash your hands.** Teach your child to wash their hands often throughout the day, especially after coughing and sneezing.
- **Get your immunizations.** Review your family's immunization records routinely to be sure that everyone is up to date.

Parents can look up their child's vaccination records online using the Wisconsin Immunization Registry at www.dhfs.wisconsin.gov/immunization. All they need is the name, date of birth, and social security number. Parents can also contact the Forest County Health Department to request their children's vaccination record with any questions or concerns at 715-478-3371.

Flu season is right around the corner. The best way to protect your family is to get them vaccinated. The Health Department will be offering Flu shots at the schools again this fall, watch for permission slips to come home.

The NorthLakes Community Clinic Dental Outreach teams are looking forward to another successful year of providing no cost preventative dental services right in schools. To help prevent cavities in

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children, dental screening examinations, fluoride varnish applications and dental sealants are offered at the School District of Crandon, Laona School District and Wabeno School District.

Feel free to contact the Health Department at 715-478-3371 with any questions or concerns.

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