

Health & Wellness

OCT/NOV

Well Child Exams

A head to toe health exam may find and treat health problems before they become serious. It also allows parents and children/teens to ask questions about health and safety. Please ensure a yearly well child exam for your student(s). Well child exams are offered on the Mobile Medical Unit. Call to schedule an appointment with one of our medical providers.

Flu Shots

Keep the flu at bay! The single best way to protect against the flu is to get vaccinated each year. The CDC recommends that people get vaccinated against influenza as soon as flu season vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October. It takes two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Schedule your flu shot appointment today!

Stop Bullying

October is National Bullying Prevention Month. Bullying is defined as unwanted, aggressive behavior among school aged children. Bullying actions include making threats, spreading rumors, attacking someone physically or verbally and excluding someone from a group. It's important to tell someone if you or someone you know is being bullied. Bullying may cause serious and long lasting effects. For more information visit stopbullying.gov.

Service Locations

Sinagua Middle School • Mondays

Coconino & Ponderosa High Schools • Tuesdays

**Summit High School &
the Family Resource Center • Thursdays**

Mount Elden Middle School • Fridays

928.522.9406

ALL K-12 FUSD students can utilize the mobile medical unit at any service location



NORTH COUNTRY
HealthCare