

Holiday Health Checklist

For families, parents and carers.



For pupils with long-term medical conditions. Pop a tick or a cross in the box if you're good to go!

	Action
	My medication is in date.
	I have enough medication for the whole holiday.
	I know how to use my inhaler/pump/pen correctly.
	I have emergency medication with me when I go out.
	I understand what to do if I feel unwell.
	I know who to tell if something changes.
	I have my care plan at home.
	I'm ready for school with all my medication when I return.