



Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxfhospital.org
940-657-3535

Don't Skip Back-to-School Physicals and Immunizations

Ensuring a healthy school year starts with a summer appointment at the clinic.

KNOX CITY, Texas (July 29, 2021) - School may seem far away, but the summer can pass by quickly. That is why it is a good idea to schedule an appointment for your child now to ensure a healthy school year and avoid the back-to-school rush.

"This year it is more important than ever to make sure your child is in good health for the school year," said Dr. Leon Joplin, at the Munday Clinic, a service of Knox County Hospital District. "A yearly physical is a great way to do that. Don't delay the care you and your family need."

Although physicals are often required for children who participate in sports and certain school activities, yearly check-ups are a good idea for every child. They allow healthcare providers to make sure your child is in good physical and developmental condition before the school year begins.

Physical exams are key for children entering school for the first time and are often a requirement for middle and high school students who intend to play sports or participate in marching band. Time spent with a medical provider also offers them a great opportunity to discuss vaccinations to ensure that they are up to date on many important immunizations. State law requires that public schools and child-care facilities enforce vaccine requirements to protect the public from preventable diseases.

Children in kindergarten through college should use their yearly exam as an opportunity to confirm with a physician that they are up to date on with immunizations, including diphtheria/tetanus/pertussis, polio, measles, mumps, rubella, hepatitis b, varicella (chickenpox), meningococcal (bacterial meningitis) and hepatitis a.

According to Dr. Joplin, many people have chosen to delay important healthcare services due to fear of COVID-19. However, doing so can put you or your child at risk.

"Although it is important to continue taking precautions to reduce the spread of COVID-19, it is never a good idea to skip or delay the healthcare you or your child needs to stay healthy," Dr. Joplin added.

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Knox County Hospital District
701 SE 5th St. | Knox City, TX 79529 | 940-657-3535



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Research has shown that regular exams help reduce overall medical costs by allowing the medical provider to detect health issues earlier. They are also a good opportunity for families and physicians to discuss diet, lifestyle, and other ways to reduce the risk of developing certain conditions.

Annual exams also build a medical history, which helps primary care providers track growth and development over time. A medical record is an important way for providers to detect emerging issues and informs them of a child's medical history, including previous illnesses and injuries. This information can provide healthcare professionals with useful information about an individual's health in the future.

Elementary and middle school students are not the only ones who should schedule physicals. Teenagers preparing to enter college are also encouraged to meet with a physician. Many colleges and universities have vaccination requirements, some including COVID vaccines, to prevent the spread of common viruses and diseases.

At the Munday and Knox City Clinics, appointments can be scheduled for a number of services, including immunizations such as flu shots, comprehensive adolescent and adult health, Medicare screenings, immunizations, and annual wellness exams.

According to Dr. Joplin, the hospital and clinic have taken extra precautions to ensure the safety of patients, providers, and staff.

"You can rest assured knowing that a professional team of medical providers are ready for you and your family right around the corner," Dr. Joplin said.

Patients can schedule their back-to-school physicals and immunizations appointment with a provider in Knox City, by calling 940-657-3906. To schedule an appointment with a medical provider in Munday, please call 940-422-5271.

About Knox County Hospital District - Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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