



Press Release
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Back-to-School Physicals and Immunizations

Get Ahead of the Summer Rush and Prepare for a Healthy Academic Year

KNOX CITY, Texas (July 5, 2024) - – As summer continues, the start of the school year may seem far off, but Knox County Hospital District is urging parents to schedule their children's back-to-school physicals and immunizations now. Early planning ensures students are in top health and ready to succeed in the new school year, while also avoiding the last-minute rush that often accompanies the end of summer.

"Annual physicals are a critical part of maintaining your child's health," said Chris Scott, FNP at the Munday Clinic. "These appointments allow us to monitor growth, catch potential health issues early, and provide the necessary immunizations to keep them protected against preventable diseases."

Physical exams are more than just a formality for students involved in sports or extracurricular activities. Knox County Hospital District emphasizes that these yearly check-ups are beneficial for all children. They provide a comprehensive assessment of a child's health and development, which is vital for ensuring they are ready for the school year ahead.

"Every child, regardless of their activities, benefits from a thorough physical examination," Scott added. "These visits are an opportunity for us to evaluate their overall health, discuss any concerns, and provide guidance on how to maintain a healthy lifestyle throughout the year."

In addition to the physical examination, immunizations are a key focus during these appointments. State laws require that students be up to date on their immunizations to attend school, which protects against serious diseases like measles, mumps, and whooping cough. Annual physicals are the perfect time to review immunization records and ensure that all necessary vaccines are administered.

"Immunizations are essential for protecting your child and others in the community from preventable illnesses," Scott emphasized. "Keeping up with immunizations is not just a requirement; it's a fundamental part of public health that helps prevent outbreaks and keeps our schools safe."

Regular physical exams also help build a detailed medical history for each child. This continuity of care is invaluable for healthcare providers as it allows them to track a child's growth and development over time, identify any emerging health issues, and provide personalized care.

"A comprehensive medical history is crucial for understanding each child's unique health needs," said Scott. "It allows us to monitor changes over time and tailor our care to ensure the best possible health outcomes for each patient."

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Back-to-School Physicals and Immunizations

Page 2

These appointments are not only about meeting school requirements but also about discussing broader aspects of health. Topics like nutrition, physical activity, sleep habits, and mental well-being are often covered during these visits, providing a holistic approach to your child's health.

"Physical exams are a great opportunity to talk about lifestyle choices and how they impact overall health," Scott noted. "We can provide valuable advice on diet, exercise, and other habits that contribute to a healthy and balanced life."

Knox County Hospital District encourages parents to schedule their children's physicals and immunizations early to ensure they are ready for a successful school year. The Munday and Knox City Clinics offer a range of services, including comprehensive health exams, immunizations, and preventive care for children and adolescents.

To book an appointment for a back-to-school physical or immunization at the Munday Clinic, please call 940-422-5271. For services at the Knox City Clinic, contact 940-657-3906. Scheduling early not only ensures your child is ready for school but also provides more flexibility in choosing a convenient appointment time.

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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