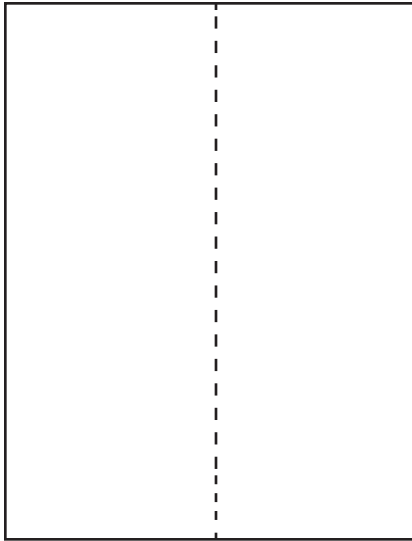
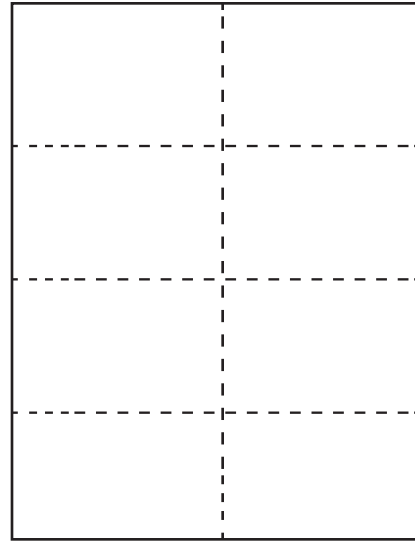


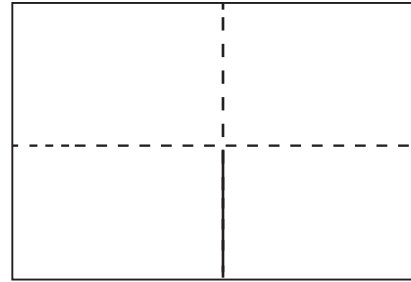
Pocket Card Instructions



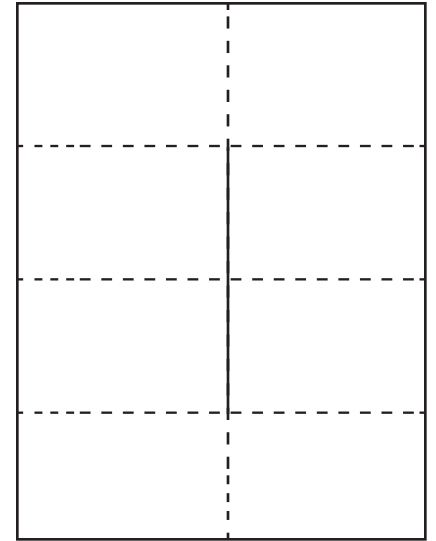
1. Fold in half vertically.



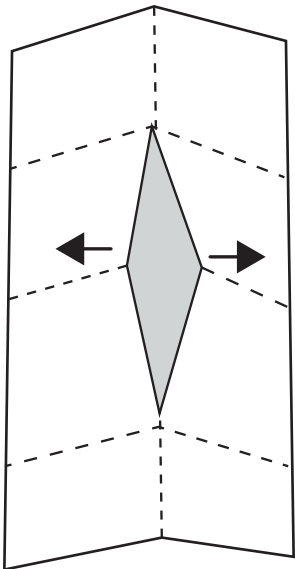
2. Fold in quarters horizontally.



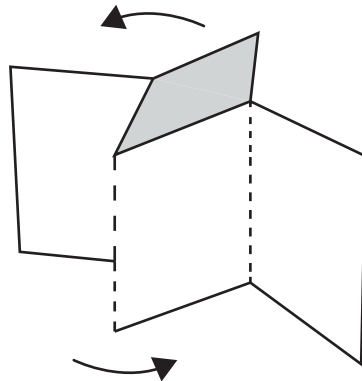
3. Fold in half, then cut a quarter in the middle (shown).



4. Open the sheet back up.



5. Fold in half vertically.



6. Push the top and bottom section together to make an "X" shape.



7. Fold in half so the cover is on the front and logos are on the back. You're done!

HOME SWEET HOME:

- Living away from home is a new experience. First, know your new address.
- **Check your dorm room** for tripping hazards and overloaded electrical outlets. Keep away from open windows to avoid falling out.
- **If living off campus,** remember cooking safety: never leave the stove unattended, and keep pot handles turned inward so they aren't accidentally knocked off.
- Either way, try to eat nutritiously and get good rest!

GOING PLACES:

- **When driving,** be sure you're familiar with the car. Keep trash in a bag where it won't block your arms or legs and empty it often. Music should be at a reasonable level so you can still hear other cars and emergency vehicles.
- **If biking, skating or scooting,** don't forget a helmet and other appropriate safety equipment. Bring a mini first aid kit (and bike repair kit, if applicable).

ALONG WITH LAUNDRY and a sewing kit, here are some suggestions:

- **Make sure your vaccinations are up-to-date.** You may access your online immunization record at wa.myir.net.
- **Take a picture of both sides of your insurance card,** and know where the nearest medical facility is.
- **Basic hygiene is effective!** Remember to wash your hands. Keep a mask handy for indoor events with lots of attendees.

- **National Suicide Prevention Lifeline: 9-8-8**
- **Washington 211:** Community resources and services 2-1-1 on your phone or online at www.wa211.org

MEDICATIONS:

- When taking medications, **be aware of possible interactions** with over-the-counter medicines and supplements.
- **Use medicine exactly as prescribed by your provider**—it's still possible to overdose on a prescription if not taken correctly.
- **Know how to use Narcan** if you see someone who is overdosing, and familiarize yourself with local emergency numbers.
- In the event of a disaster, **have 3 days of food, water and medication set aside** for emergency supplies.

my REMINDERS

**ABC's OF HEALTHY KIDS
P: Prepare for Takeoff**

