



# Saint Louis County

Public Health and Human Service Department – [www.co.st-louis.mn.us](http://www.co.st-louis.mn.us)

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Director

Child & Teen Checkups  
St. Louis County Public Health and Human Services  
Northland Office Center-East Wing  
307 1st Street South  
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218-749-0600 or 1-800-450-9777

## NEWS RELEASE

To be used from October 2011 – December 2011

### **\*\*Steering Clear of Injuries from Backpacks\*\***

As the school year begins this fall, with homework, books, lunches, band instruments, popular electronics, and gym clothes, it is important to prevent pain from heavy backpacks. Backpack safety tips include:

- Have your child wear a backpack over both shoulders with wide, padded straps.
- Bigger is not better; backpacks with individual compartments help position contents in a balanced way.
- Backpacks should never hang more than 4 inches below the waistline; a backpack that hangs too low increases pressure on the shoulders.

Before starting school is the best time to begin backpack safety. Another way to stay healthy is to get a Child & Teen Checkup.

CHILD AND TEEN CHECKUPS (C&TC) are preventive health care benefits for children ages birth through 20 who have Minnesota Care or Medical Assistance that provides preventive health visits with the child's doctor or primary clinic. Help with finding a doctor or dentist, scheduling appointments, finding transportation, or arranging for an interpreter is available by calling St. Louis County Public Health & Human Services: Duluth (218) 725-5210, Virginia (218) 749-0600 or 1-800-450-9777.

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## **Email Insert for News Release**

Attached is an updated Child and Teen Checkups News Release regarding “Steering Clear of Injuries from Backpacks”.

Please replace the old release. Use and keep the new release on file, as we will not be sending this to you on a monthly basis. We will only notify you of any changes.

For your convenience, I have included the updated News Release in the body of this email as well.

Thank you for providing the community with our Public Service Announcements. If you have any questions or concerns, please, contact me at 218-749-0600.

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