

“Germ Control” a message from the nurse

Cold and flu season is upon us. Listed below, are some areas to be proactive to keep diseases to a minimum:

- good hand washing
 - 5 steps to good handwashing are
 - Wet hands with warm water
 - Apply soap
 - Lather for 20 seconds
 - Rinse with warm water
 - Dry with clean towel
- Covering cough and sneeze
 - Cough and sneeze into a tissue or elbow
 - Wash hands after coughing, sneezing, or blowing nose
- adequate sleep
 - Elementary children should have 9 to 12 hours of sleep per night.
 - Jr./Sr. high school students should get 9-9 ½ hours of sleep per night.
- good nutrition.
 - Includes eating breakfast, lunch, and dinner
 - Eating a minimum of 5 vegetables and fruits per day.

For your student’s benefit and to prevent the spread of illness, please ***keep your student home*** when they exhibit any of the following symptoms:

1. Child has a fever of 100 degrees or higher
2. Child has been vomiting or has diarrhea
3. Child has symptoms that prevent him or her from participating in school such as:
 - a. Excessive tiredness or lack of appetite
 - b. Productive coughing or sneezing
 - c. Head ache, body aches, ear ache
4. Sore throat - A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician to see if your child needs a special test to determine if she or he has strep throat.

(Taken from NASN Guidelines For Keeping A Sick Child At Home)

Students should be fever free without medication for 24 hours before returning to school.

They should also be free of vomiting or diarrhea for 24 hours before returning to school.

By working together, we will be able to ensure a safe, healthy environment for all of our school children. Should you have any questions, feel free to contact me at school. My direct line is 814-260-4032.

