



### **From the Nurse.....**

As the cold and flu season approaches, I would like to remind everyone that we can establish good health habits in an effort to avoid illness.

Prevention of disease is the BEST cure, and it is our foremost priority to keep our children healthy. To address our goal of reducing the number of absences due to illness, we are stressing good hand washing techniques, the first line of defense in controlling the spread of disease. It is recommended that the entire hand should be placed under running water, washed with soap for 20-30 seconds and dried thoroughly to avoid chapping the skin. Chapped skin can cause small cuts which are painful and can become infected. ALL cuts and scrapes on the body MUST be covered until healed.

Here are some helpful suggestions that you can discuss with your child:

1. Hands should be washed during the day, not only when they "look dirty", but after sneezing and coughing and before eating. Hand washing is much better than using a hand sanitizer.
2. Sneeze or cough into a tissue, throw it away and wash your hands.
3. Turn away from others when sneezing or coughing and use your elbow to cover your mouth if you don't have a tissue.
4. Keep hands away from eyes, nose and mouth-germs are passed on hands from person to person.
5. Eat a healthy well balanced diet. Get plenty of exercise and a good night's sleep. It is suggested that children aged 5-12 get a MINIMUM of 9-1/2 hours of sleep per night.
6. If your child visits the doctor for an illness/injury please get a note from the doctor with a diagnosis. The note should include any restrictions and the date when the child can return to school. Please send in the note when your child returns to school.
7. If a child has a temperature of 100 or more, he/she can be sent home from school. Children with fevers MUST be fever free WITHOUT fever reducing medicine for 24 hours before returning to school.
8. The same goes for loose stools/diarrhea. If your child has diarrhea or was sent home with diarrhea-no school next day. Please allow your child 24 hours at home to recover.
9. If a child complains that he/she is feeling ill before coming to school, he/she should be kept at home.
10. Please be reminded that the law prohibits school nurses from administering any medications without a note from both the physician and the parents. Medicine must be provided by the parent and be in the original unexpired container. This includes over the counter (i.e. Tylenol) as well as prescribed medication.

**Again, PLEASE keep your child home if your child: 1)has a fever of 100 or greater 2)is vomiting and/or has diarrhea 3) has GREEN/ YELLOW nasal discharge.. WE NEED YOUR HELP TO KEEP PARKVILLE "HEALTHY".**