

From the Health Office:

We are all aware of the importance of hand washing and sneezing into your sleeve to help prevent the spread of the flu. These methods should be reviewed frequently with your children throughout the upcoming months. Following are a few simple steps that can be practiced to help prevent proliferation, aggravation of symptoms and development of secondary infections:

1. "Hands-off-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bath, etc.)
2. Gargle twice a day with warm salt water. Simple gargling prevents proliferation.
3. "clean your nostrils at least once a day with warm salt water" Blowing the nose hard once a day and swabbing the nostrils with Q-tips dipped in warm salt water is very effective in bringing down viral population.
4. Boost your immunity with foods that are rich in Vitamin C.
5. Drink as many warm liquids as you can. Warm liquids have the same effective as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive.

Reminder:

Your child should be kept home, for at least, 24 hours after they are symptom free.

- Ex: 24 hrs after fever has subsided without medication
24 hrs after vomiting has stopped and they're able to eat.
24 hrs after being started on an antibiotic.



It is the time of the year when we need to watch for head lice (pediculosis). Children can get head lice by sharing personal items such as combs, hats, scarves, headbands, headphones, etc. Please encourage your child not to share these items with their classmates and please stress the importance of hanging up their coats, putting their hats and scarves in their coat sleeves. Scratching of the head or itching (especially behind the ears and back of the neck) are usually symptoms of lice infestation. At the first sign of head lice, contact your physician or go to your local drugstore for a non-prescription treatment and follow direction. Please notify the school nurse so that she may examine the other students in your child's classroom. Your call will be kept confidential

Stay well,
Melinda Johnson