

From the Nurse:

In an ongoing effort to help keep everyone well please remind your family members of a few helpful habits:

1. Thorough and frequent handwashing with good old soap and water
2. Avoid touching the "T" zone: areas around the mouth and nose.
3. Cough and sneeze into a tissue if possible or sleeve.
4. Wipe off personal space (desk) after others have worked there.
5. Get a flu vaccine/mist.
6. Try to get adequate rest to help boost your immune system against illness.
7. Practice healthy eating and drinking habits.
8. Wash hands, wash hands, wash hands. Most important item on list and worth listing again!

Additionally, please let the school nurse know of any changes in health and remember to give her a copy of all new vaccines received during the school year and summer. We are required by state law to keep all records current and need your help to do so.

Despite our best efforts illnesses do occur, often at the most inconvenient times. Please have a plan to pick up your sick student at school. Hopefully, the flu season will be mild.

Be well,

Susan Donnenfield, RN