

**December
2020**

Coordinated School Health Newsletter



TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

National Influenza Vaccination Week

December 6-12, 2020

National Influenza Vaccination Week is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Since COVID-19 and flu could spread simultaneously this winter, this week will serve to remind people that there is still time to get a flu vaccine to protect against flu illness and serious flu complications.

#FIGHT FLU



WWW.CDC.GOV/FLU

Check out this free interactive Virtual Calming Room at virtualcalmingroom.net! This website is a place for students and families to find tools and strategies for managing emotions and feelings.

Website categories include:

- * Music & Sounds (waterfalls, nature sounds, and meditation music)
- * Visual Relaxation (live animal cams, oceanscapes, and nature from above)
- * Exercise & Yoga
- * Printable Coloring Pages
- * Games & Puzzles



Your feelings are normal; this situation is not.

This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.



Doing what's best for you includes eating healthy foods and getting enough sleep.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.

The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your communities safe.

CDC offers the following considerations to slow the spread of COVID-19 during small gatherings.

- **Stay home if you are sick**
- **Wear masks**
- **Clean hands often**
- **Limit the number of people handling or serving food**
- **Limit contact with commonly touched surfaces or shared items**
- **Clean and disinfect often**
- **Use social distancing and limit physical contact**



NES afterschool students have been participating in a six week walking mileage club.

Each student receives a shoelace lanyard and a name badge with a scan code. Students are able to walk/run for 30 minutes once a week. Each time they complete a lap, their badge is scanned. With every mile each student completes, they receive a toe token. So far, NES afterschool students have collectively walked/ran over 300 miles!