TIPS ON STAYING HEALTHY THIS SCHOOL YEAR

- Eat a well-balanced diet and get plenty of rest.
  Try not to skip meals. It is a very busy time of year with extra-curricular activities. We
  are all on the go, try never to skip a meal and be sure to drink plenty of fluids!

- Exercise
  If your child is not involved in any sports and/or extra-curricular activities get them
  outside riding a bike or just taking a walk to get some fresh air.

- Wash your hands!
  The first line of defense against any illness is to wash your hands. Remind your children
  to wash their hands before meals, after playing outside, after going to the bathroom, if they
  cough and/or sneeze in their hands or blow their nose. Make sure the water temperature
  is warm and that they have soap in their hands and scrub for at least 20 seconds then rinse
  their hands under water. Always dry hands with clean dry paper towels. Avoid touching
  eyes, nose and mouth with unwashed hands. If in doubt WASH YOUR HANDS!!! Hard
  sanitizer is not always effective against every virus.

- Use good respiratory hygiene
  Cough and/or sneeze into a tissue or elbow and properly dispose of tissues.

- Avoid
  Kissing, hugging and sharing cups, straws or eating utensils with people who are sick.

- Flu Shot
  Unless otherwise contraindicated by your physician get a flu shot for you and your
  children.

- Be Reassured
  Our custodial staff is taking the proper steps to maintain the cleanliness of the buildings
  by disinfecting frequently touched surfaces and all other areas including desks,
  classrooms, rest rooms, water fountains, door knobs, light switches, and all common areas.

- Always remember to keep your child home if they have a fever of more than 100
  degrees and/or vomiting/diarrhea. A child should stay home until they are fever free
  for 24 hours and can keep down a regular diet with no vomiting and/or diarrhea.

- Please feel free to call your school nurse with any questions or concerns.