



BRIGANTINE PUBLIC SCHOOLS

Passion for Teaching. Passion for Learning.

Home of the Buccaneers

Brigantine Elementary School
Brigantine North Middle School

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Brigantine, NJ 08203

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www.brigantineschools.org

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!!!** Hand 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.