

December Newsletter

We are quickly approaching the end of another year. I find myself wondering where the time goes. Of course, we've been keeping busy in the Nurse's Office, and that certainly makes the time fly by.

With the cold & flu season now upon us it's more important than ever to practice good health habits. Washing your hands often is the best tool for avoiding colds and flu. It's also important to cover your nose and mouth with a tissue or your sleeve, throw tissues away in the trash, and stay away from others when you're ill. According to the Centers for Disease Control:

- *Avoid people who are sick
- *Stay home when you are sick
- *Wash hands often
- * Don't touch your nose, eyes, or mouth with your hands
- *Use disposable drinking cups, especially in the bathroom
- *Get plenty of sleep, eat a balanced diet, and exercise regularly

The CDC also recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Following all of these guidelines, and reinforcing them with your children, will help to limit the amount of germs spread to each other.

I have completed vision screenings on the majority of students. If your child failed you would have received a referral for an eye doctor exam. Please have any referrals completed by your eye doctor and returned to the Nurse's Office as soon as possible. Also, please continue to return any outstanding physical and dental exams. If you have any questions or concerns, don't hesitate to give me a call.

I wish everyone a happy, healthy and safe holiday season!

Maria Farley