

## Notes from the Nurses - Cold and Flu Season

Welcome to cold and flu season!!!! Sometimes illness is unavoidable when students are in close quarters in the classroom, but there are several things we can recommend doing that will decrease the chance of transmitting germs to each other. We are reinforcing these practices in school, and encourage each family to follow these simple guidelines at home.

- **WASH YOUR HANDS!!!!** Frequent hand washing is one of the best ways to stop the spread and exposure to germs. Always wash hands after coughing or sneezing, after using the bathroom, before and after eating, and after activities that call for sharing of items. When in doubt, **WASH YOUR HANDS!!!!!!**
- **Get plenty of sleep.** Encourage and enforce bedtimes. Limit tablet/tv use when children are trying to go to sleep. We hear all too often children telling us they were awake too late on their tablets instead of going to sleep.
- **Encourage hydration and nutrition.** When it's cold, children don't drink as much. Please encourage extra fluids during this season.
- **Wipe down frequently touched surfaces.** Please wipe down door knobs, faucet handles, hard surfaces, tablets, phones, computers, tv remotes, game controllers. Our custodians and teachers have been increasing the frequency at which items are being wiped down during the school day.
- **Don't send your child to school sick!** If your child has had a fever or has thrown up, **PLEASE** do not send them to school the next day. If you have to give your child Tylenol/Motrin in the morning to "get them through the day," **PLEASE** do not send them to school. The medication just controls the symptoms, but does not stop the spread of the germs associated with the illness.
- **Limit social activities when kids are sick.** School isn't the only place children are in close contact with other children. Please be mindful not to expose your sick child to other children in social settings.

We are working hard in school to reinforce these practices to help promote good health and wellness. Hopefully, with a positive partnership between district staff and families, we can keep as many people healthy as possible during this cold and flu season!

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