

Norridge District 80 Monthly Nurse Newsletter December

National Handwashing Awareness Week

Healthy Holidays

Having a Safe & Healthy Holiday Season:

Staying safe and healthy is key to enjoying the upcoming holiday season with your family. You can prevent the spread of illnesses by practicing proper hand hygiene, staying home if you feel ill, getting your flu shot, and much more. Check out this [CDC article](#) on health tips for the holiday season.

National Handwashing Awareness Week is the first week of December!

Washing your hands can help keep you healthy and prevent the spread of infections.

Wash your hands often, especially at these times:

- After coughing, sneezing, or blowing your nose
- After using the bathroom
- After playing outside
- Before eating
- After touching pets or their toys
- When hands are visibly dirty



Follow these steps to ensure you're washing your hands correctly:

1. Wet your hands with warm water
2. Get soap
3. Scrub your hands together for at least 20 seconds
4. Rinse your hands well under warm running water
5. Dry your hands with a clean towel

Reference: [CDC](#)

Reminders



- **Hearing and Vision Screenings** are wrapping up this month at Leigh. Screenings are mandated at specific age and grade levels. Visit the [IDPH website](#) for more information or reach out to your school nurse with any questions.
- **If you receive a Hearing or Vision Referral, please have it completed by a medical provider and returned to the school nurse as soon as possible.**
- Visit the [Health Services page](#) on the District website for more information and copies of health related forms.

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