

Lawrence Junior High School and Fairfield Primary School
A Note from Your School Nurse...



Fall/Winter 2018

Dear Parents,

Cold and flu season is here, and has already visited many families. Throughout the fall and winter months, it is important to remember some basic things to help keep your families healthy.

First, **wash your hands**. This is *the* most important thing you can do to stop the spread of germs and keep yourself healthy. Wash often and use soap and water. If you can't use soap and water, use an alcohol-based hand rub. Rub your hands together until they are dry. The friction of rubbing helps destroy the germs.

Cover your cough or sneeze using a tissue and throw the tissue away after you have used it. If you do not have a tissue, cough or sneeze into the bend of your arm, not your hand. Covering your cough blocks the spread of droplets from your mouth or nose that could contain germs.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Wash your hands after you cough or sneeze. Also wash your hands before and after you eat, after you use the bathroom, or wipe your nose or touch your eyes. Encourage people around you to do the same.

Try to avoid close contact with people who are sick.

If you begin to feel sick while at work or school, go home as soon as possible. People who have the flu may be able to infect others beginning 1 day **before** they have symptoms and up to 5-7 days **after** becoming sick.

If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible. This will help prevent spreading illness and help you get over your illness sooner. Stay home (or keep your child home) for at least 24 hours after any fever is gone except to seek medical care or for necessities. Fever should be gone **without** the use of fever-reducing medication for 24 hours **before** you or your child returns to work or school.

If you or your child's cold symptoms last more than 2 weeks, consider making an appointment with your health care provider. The symptoms may be related to allergies or something other than a cold.

Finally, get extra rest and drink extra fluids throughout cold and flu season. This helps keep your body's natural defense system working properly.

Wishing you a healthy year,

Cara Armstrong, RN
School Nurse