



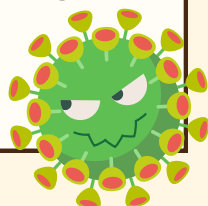
# NOVEMBER NURSE NEWSLETTER



2024

## Stay Healthy this Cold and Flu Season: Tips and Tricks

As cold and flu season approaches, we want to remind everyone of the importance of staying healthy and protecting ourselves and others. One of the best ways to prevent the flu is by getting a flu vaccination, which is highly recommended for all ages. In addition to getting vaccinated, please encourage your children to practice good hygiene by washing their hands frequently, covering coughs and sneezes, and avoiding close contact with those who are sick. Keeping these practices in mind can go a long way in reducing the spread of illness, helping keep our school community safe and healthy. Thank you for your cooperation and care during this season!



## Hand Hygiene Education to Share and Practice with your Child

Keeping our hands clean is a great way to stay healthy! To wash your hands properly, start by using warm water and soap. Scrub your hands for at least 20 seconds—try singing the “Happy Birthday” song twice to make sure you’ve scrubbed long enough! Don’t forget to clean between your fingers, under your nails, and the backs of your hands. Rinse well and dry with a clean towel. If there’s no soap and water, use hand sanitizer. Keeping our hands clean helps stop germs from spreading, keeping you and your friends healthy!

**The colder months are upon us. Please remember to dress your children in layers as we will continue to have outside recess throughout the winter.**

