

Easthampton Public Schools  
District Nurse Newsletter  
Winter 2018-19



Winter brings so much beauty with many seasonal activities. Here are a few things to be mindful of.

## It is healthy and fun to play outside -Bundle Up!

**\*\*Layer**-multiple thin layers are better than one bulky layer to keep warm and dry. For small children and babies, use one more layer than an adult would.

**\*\*Warm Coats**-Please contact the school nurse if your child has no warm coat.

**\*\*Hats\*Hats\*Hats** -Most body heat is lost through the head.

**\*\*Mittens** are better than gloves for keeping hands warm -neck warmers better than scarves.

**\*\* Water proof/resistant boots and warm socks.**

**Please bring all of the above to school so children can be safe and warm outside.**

## Cold and flu season is upon us.

Tips to prevent cold and flu:

1. WASH YOUR HANDS
2. Cough and sneeze into you elbow while making a seal so no moisture sprays out.
3. Keep your immune system strong by **eating** a nutritious diet with plenty of colorful fruits and vegetables, get plenty of **sleep**- <https://youtu.be/aRulmpzjd88> and exercise daily.



## WHEN DO I WASH MY HANDS?

- After using the bathroom
- Before eating
- After blowing your nose or touching you face
- Regularly if someone is sick at home

## HOW DO I WASH MY HANDS?

- \*Find the hottest/warmest comfortable water temperature
- \*Apply clean, regular soap to hands
- \*Rub all surfaces vigorously for 15-20 seconds
- \*Rinse hands completely
- \*Dry hands

Ask your child to see the school nurse for teaching or evaluations

## Common Cold

If your child develops a common cold try to make them comfortable while keeping their immune systems healthy-increase fluids and rest, eat a healthy diet full of colorful fruits and vegetables, use mentholated rubs and saline nose drops (can make with  $\frac{1}{2}$  t salt with 1 C water) for comfort if needed. It is okay to be in school for the common cold if temperature is 100 or below.

See flu recommendations on state flu guide in nurse's corner

**State Fuel Assistance program:** <https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>

Reminder to all 1<sup>st</sup> 4<sup>th</sup> 7<sup>th</sup> and 10<sup>th</sup> grader parents. Please have a copy of your student's most updated physical on file at the nurse's office.

What are the school nurses up to?



Pepin School Nurse's Office-Melanie Lapointe

<https://www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Winter-Safety.aspx>

<https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/How-to-Manage-Colds-and-Flu.aspx>