



'TIS THE SEASON TO PREVENT ILLNESS!!

The fall/winter season is upon us and with it arrives the season for colds, flus and many other illnesses! This might be a good time to give you some helpful hints and reminders on how to survive this season.

HOW TO AVOID CATCHING MOST SEASONAL ILLNESSES:

- **WASH YOUR HANDS FREQUENTLY** - especially if you are with someone with symptoms of any illness. This cannot be emphasized any more strongly!! Handwashing is the SINGLE best way to prevent the spread of illness among family members!!
- Avoid touching your eyes, nose or mouth.
- Avoid people with cold symptoms. Don't use their phone. Wash your hands after leaving their company.
- Get plenty of sleep. Studies have shown a clear link between immune suppression and lack of sleep. Your body requires rest to maintain health.
- Eat a healthy diet. A healthy diet will provide your body with the vitamins and minerals it needs to function well and ward off infection.
- Avoid stress and learn to better manage stress. Stress has a negative effect on the immune system. Finding ways to reduce stress may lead to better health.

CORRECT WAY TO WASH YOUR HANDS:

We are all so busy, but the experts believe we all need to improve our handwashing. It is considered the most important thing we can do for ourselves.

- First, wet your hands and apply liquid or bar soap.
- Next, rub your hands vigorously together and scrub all surfaces of your hands for 10-15 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. A convenient way to teach your child to keep track of the time is to sing the Alphabet Song once or Happy Birthday Song twice to give you the right amount of time to scrub thoroughly.
- Rinse well and dry your hands.
- When soap and water are not available, alcohol based wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry.

IF YOUR CHILD IS SICK:

You know your child better than anyone. If you feel that your child is not feeling well, please do not send them to school. If your child has a fever or vomiting, they should not return to school until they have been without vomiting or a fever for 24 hours -

WITHOUT the use of Tylenol or Motrin. One of the best medicines we can give our children is the gift of TIME. When given time to recover from an illness, or simply, time to feel better and renourish after a stomach flu, they bounce back faster and more thoroughly.

Together with your child's physician, consider having your child receive the annual Flu vaccine.

Please call the school to let us know if your child will be absent or tardy at 978-774-1350. Please let your school nurse know if your child has been diagnosed with flu, strep or Covid.

As always, if you have any questions or concerns, please do not hesitate to call me at school.

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