

With cold and flu season upon us, it is important for everyone to remember some basic steps that will help us from sharing each other's germs, and help keep us healthy through the winter months and beyond!

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- Cough and sneeze into your arm, NOT your hands. If you do cover a cough or a sneeze with your hands, wash them immediately.
- Carry tissues with you, but once used, do not pile them on your desk or put them in your pocket. Piling them on your desk just means that the next person to sit there will be exposed to your germs. Please throw used tissues in the garbage can immediately.
- Keep your hands away from your face! There is no good reason to transfer whatever germs are on your hands, to your nose or mouth.
- Drink lots of water, but do not share cups or water bottles with your friends. Keep yourself, to yourself.
- Same rule goes for cell phones. Cell phones are covered in germs. Do not share your cell phone with anyone, and think twice before you borrow one!
- Of course if you have a fever, stay home. A temperature above 100 is considered a fever. When you have a fever, and then take a fever reducing medication like Tylenol or Advil, your temperature may go down,

but this does not mean you are healthy. **You must be fever free, without the aid of medication for 24 hours before you can return to school.**

- **Your child must wait 24 hours after vomiting before they can return to school.**

If we all use our common sense and follow some basic hygiene rules, we can have a healthy winter. It is somewhat of a group effort! Be mindful of your own hygiene habits, and not only will you help yourself stay healthier, you'll help those around you too!

- Eat!! Eat breakfast, eat lunch, eat **healthy** snacks, and eat dinner! Food is fuel, and we need it every day, from a variety of sources.
- Get some exercise! Get outside for a shot of fresh air! Your lungs will thank you!