



School Nurse News

February 2020

Hello from your school nurse, Wendy Robinson RN. Welcome to the first edition of the School Nurse News newsletter. The purpose of the newsletter and future editions is to share health information that is of importance and interest to students, their families and school staff members.

Happy American **Heart** month!

Do you know the ABCS's of keeping your heart healthy? Check out this link to find out.

English: https://millionhearts.hhs.gov/files/4_Steps_Forward_English.pdf

Spanish: https://millionhearts.hhs.gov/files/4_Steps_Forward.pdf

Valentine's Day is just a week away! Treat your valentine to a healthy chocolatey, peanut buttery treat.

<https://www.womansday.com/food-recipes/food-drinks/g26067271/healthy-valentine-treats/?slide=15>

It's Cold and Flu season again I want to remind you of things you can do to protect your child and your entire family against the flu:

- The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.
 - A Flu vaccination is recommended for everyone 6 months and older every year.
 - A Flu vaccine can keep you and your child from getting sick
 - A Flu vaccine can keep your child from being hospitalized from the flu
 - A Flu vaccine may also make your illness milder if you do get sick.
 - Getting yourself and your child vaccinated can also protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.
- Keep your child home from school if he / she is showing any signs of illness
 - Your child needs to stay home from school for at least 24 hours after his/her fever is gone. (The fever should be gone without the use of a fever-reducing medicine like Ibuprofen / Advil or Tylenol / Acetaminophen.) A fever is defined as 100°F (37.8°C) or higher.
- Cover your coughs and sneezes with the inside of your elbow
- Wash your hands often, especially before meals and returning home.
- Avoid touching your eyes, nose and mouth
- Clean surfaces that may be contaminated with flu viruses.
 - Check the cleaning product label for a statement that it is EPA approved for use against Influenza "A" virus.
 - For an environmentally friendly option check the label for a certification from a third party organization such as EcoLogo or Green Seal.

Here is a cheat sheet to help parents decide if they should keep their child home from due to illness.

English: <https://drive.google.com/open?id=1mjxwj-qNRA4ny6FEgNTpH6n5ZDZBelme>

Spanish: <https://drive.google.com/open?id=1Ci1XUxQRSvfcPttOLMELYsMGmPe5CNqI>

A reminder: Your child may return to school when there are no symptoms of vomiting, diarrhea, and fever of 100 degrees or higher for 24 hrs with the use of medications.

If there are any subjects of interest that you would like to see included in the newsletter please email me your ideas to wmrobinson@aurorak12.org. I welcome your thoughts and contributions.

Have a happy, healthy heart month,

Wendy

