



Nurse's Corner for December

Flu- Get your Flu shot! Spread holiday cheer to friends and family this season, not the flu! Contact your healthcare provider or make an appointment at our **Brickie Clinic 219-945-9383**.

Handwashing- Handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. You can find ways to make it fun, like making up your own handwashing song or turning it into a game. Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But, once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

Vaccinations- All students should be up to date on their vaccinations. Indiana state law requires you to have up to date immunizations. If you have any questions or concerns please contact your school nurse

Health Conditions- If your student has a specific health condition or needs special care during the school day such as medication, treatments, or monitoring, please inform your school nurse and provide your nurse with a care plan. Individual health care plans help keep your student safe and healthy.

Sick students- Please keep all sick children home from school- **this includes fever greater than 100 degrees, vomiting or diarrhea**. If you are unsure, please call your healthcare provider or school nurse for advice.

Head Lice- It's that time of year where our students break out their coats, scarves and hats. Please encourage your child not to share such items as hats, scarves, brushes or any personal items. Lice is not a danger to your child's health, it is simply an annoying problem that comes around this time of year, so no need to panic. Please know that anyone and everyone can get lice. Getting lice has nothing to do with you being clean or dirty, it only has to do with the fact that you are human. It is very important to check your family for lice this time of year regularly. If you find any live lice or eggs, it is absolutely necessary to treat each "infected" person, but more importantly, you must notify the school so that we can effectively and confidentially assist you with monitoring. The school nurse can assist you with proper treatment options as well as identify and demonstrate for you what to do.

EXTRA SET OF CLOTHING- Please make sure your student has an extra change of clothing in his/her backpack incase needed for unseen circumstances that may arise during the school day.

If you have any questions, please call your school nurse or visit our school web page at <http://www.hobart.k12.in.us> for more information on student health, school forms, and other helpful links

