

4 Ways to Sick Proof Your Child

1. [Scrub those hands](#) - Most infections are transferred by hand contact. Wash hands with soap and warm water for as long as it takes to sing one round of "Happy Birthday," and then do a second chorus while rinsing. Wash 'em before meals and snacks, and after bathroom visits, after playing with pets, sneezing, coughing, and blowing your nose, touching a cut or sore, and playing outside.
2. [Eat foods from the Pyramid](#) - Feed Kid's meals that include whole grains, fruits and veggies, plus at least 2 glasses of milk and other dairy products daily. Yogurt with live cultures asparagus, barley, beans, berries, garlic, onions, and spinach -- all promote "good bacteria" in the intestines and may boost immunity.
3. [Catch enough Z's](#) - Well rested kids get at least 8 hours and need more sleep when they don't feel well. Enough sleep decreases stress in your kids and creates an over all healthier student.
4. [Take care not to share](#) - To decrease transmission of infection, tell your kids not to share drinks, or foods at school. To decrease infestation do not share hair accessories (including brushes and combs), caps and hats.
5. [If your child is not feeling well when they get up in the morning](#) - Take their temperature, if 100.0F or higher please monitor and plan to keep them at home. If you would like me to give a pain or fever reducing over the counter medication, please fill out the Medication Administration Information form and return with your student.

Any questions, please call the nurse at 833-3203.

Thanks for helping us have a healthy and happy school year!