

Health planning 101

As the 2009-10 school year begins we must review some basic health habits that we all must do to help prevent illnesses in our school! The school district has reviewed steps for Pandemic influenza and the school health personnel will be closely monitoring illness rates in each of the buildings in this school district. Your districts school nursing dept. receives daily updates from the Center for disease control and the Ohio Department of Health. The nursing web site for this district is updated as information is released, please visit this site at www.medina-esc.org, Click on the nursing services tab to view health information and obtain health/medication documents for your district. **Regardless of any flu outbreak we all should be vigilant in certain basic health steps to reduce the spread of disease!**

1. Practice good health habits! These can help your body stay healthy and fight off the flu and other illnesses.
Eat a balanced diet, Drink plenty of water, Exercise regularly, Get plenty of sleep, Try not to touch your eyes, nose or mouth-germs spread quickly via these routes, Stay away from those who are sick- if you are unable to do this try and maintain a distance of around 3 feet, and if you get sick-STAY HOME! Students should not come to school until they are fever free for 24 hours. This means without a temperature (100 or above) and no medication to reduce a fever!
2. Wash your hands! Either with soap and water (BEST CHOICE) or if that is not available then an alcohol based hand sanitizer.
#1 Wet your hands with warm water, #2 Apply soap, #3 Rub your hands together getting between the fingers, and finger nails for at least 20 seconds (Happy Birthday song x 2), #4 Rinse the germs away, #5 Dry your hands- sharing cloth towels can spread germs, use a paper towel to turn off faucets and open the bathroom doors. Alcohol sanitizers should be rubbed into the hands all over and left to air dry.
3. Respiratory Etiquette: Cover your Nose and Mouth when you cough, sneeze, or blow your nose! Throw out tissues **as soon as possible**, cough into your elbow or sleeve if you don't have a tissue, and if you do cough into your hands WASH them.

Reminder if your child has a health condition that requires possible medical action during school ex. Diabetes, food allergy, bee sting allergy, asthma, seizures, or any other health care issue please contact your health care professional in your designated building. If flu symptoms are seen please be available and make sure the school has updated phone numbers for contacting you or someone you designate to pick your child up if they become ill at school. They will be isolated to the clinic if they show signs of Flu symptoms, these include: Fever (usually high), headache, tiredness (can be extreme), cough, sore throat, runny or stuffy nose, body aches, and diarrhea and vomiting (more common in children than adults). Reminder Aspirin or aspirin-containing products should **not** be given to children 18 years or younger due to the risks of Reye Syndrome. Please make sure all immunizations are up to date and the school has a copy for your child's health record!

Let's work together to have a Healthy school year!

Lori Hogue RN BSHCA

Director, nursing services

Some information obtained from:

Pandemic Influenza Toolkit for Ohio Schools