

Hi Hedgehogs!

A message from your school nurse Mrs. Pags:

Your children have been doing a wonderful job at school washing their hands and using proper respiratory etiquette. Flu season is among us. Therefore, it's very important we continue to work together to keep everyone well. Proper respiratory etiquette and handwashing are easy steps we can all do throughout the school year to make this happen. Here's proper respiratory etiquette for both with or without wearing a face covering.

Respiratory Etiquette



1. If you are wearing a face covering, do not remove it if you need to cough or sneeze.
2. If you are **not** wearing a face covering, cover your mouth and nose with a tissue when coughing or sneezing.
3. If you don't have a tissue, cough or sneeze into your sleeve or elbow.
4. **Do not** cough or sneeze in your hand.
5. Use in the nearest trash can to dispose of the used tissue.
6. Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and contaminated objects/materials.
7. If your mask gets saturated with nasal mucus from a sneeze or runny nose, change your face covering or clean it (face shield). Always keep an extra face covering with you in case it gets wet or dirty.
8. If your student is wearing a face covering, please make sure to keep an extra face covering in your child's backpack in case they would need to change it at school. Keep it with a plastic bag for students to place their soiled one.

Here is a great video about proper respiratory etiquette

<https://www.youtube.com/watch?v=unCsGsCx9BQ>

Proper handwashing is just as important in stopping the spread of the flu, COVID-19, and other viral illness.

Hand Hygiene



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.

Here’s some great handwashing videos to share with your children.

<https://youtu.be/FQP8rVbovxE>

<https://www.youtube.com/watch?v=L89nN03pBzI>

Reminders:

- Continue to send **immunizations, dentals and physicals** as soon as possible. Thank you for those who already have!
- The weather is changing, please have your children bring in or wear a jacket as they may go outside for mask breaks, recess, and gym class.
- **If your student requires any medication**, scheduled or as needed, to be administered at school please make sure to bring that into the nurse as soon as possible. If you need a form for medication administration at school, please contact me and I will send you the form. A parent or a guardian needs to drop off the medication to the health room. The student should not be bringing any medication to school in their backpack.
- Continue to keep your child home if they are sick.
 - If student has a fever, they need to be fever free for a minimum of 24 hours without the use of any fever reducing agents or medications prior to coming back to school.
 - If student has diarrhea and/or vomiting keep home for a full 24 hours from the time it started.

- Reminder to send a water bottle in with your student.
- Remind your children that that if they carry a smart device (phone, tablet, watch) they should not be using it during the school day, especially to call and say they need to be picked up due to an illness. If a student is ill during school, they will be sent to the health room. If the student needs to be sent home due to an illness the nurse will contact the parent or guardian.

Please feel free to reach out to the health room for any questions/concerns 😊

Alyssa Pagliaro RN, BSN, CSN