

District Health Concerns

It's the Season.....

The weather outside is frightful and....we are all indoors which makes the spread of colds, coughs, flu and other health conditions more likely. Steps we can all take to minimize the spread of illness:

- Staff and students should stay at home if they are ill. Return to school after being fever free for 24 hours without fever medication and/or no vomiting or diarrhea for 24 hours
- Cover cough and sneezes. Students are taught to cough into their sleeve to keep their hands free from respiratory germs.
- Wash your hands, and keep your hands away from your face.
- Some communicable conditions such as ring worm, head lice etc. are not readily noticeable. Periodically check your child for these conditions as they are present in many communities throughout the year.
- Get vaccinated against the Flu. The Centers for Disease Control recommends that everyone 6 months and older receive an annual flu vaccine.

For additional information speak with your doctor, a school nurse or see the USD #475 Health Service web site at

<http://intranet.usd475.org/depts/health/default.aspx> .

Ice and Snow Alert

As winter rapidly approaches, everyone is advised to wear proper clothing and shoes. The district quickly removes snow and ice and clears walking, driving and parking paths, However, there are times when conditions may cause quick refreezing of thawed sidewalks and drive ways. Please follow cleared paths and avoid areas that are ice covered or snow packed. Anyone who notices a particular area in need of attention is asked to notify the office immediately.