

HEALTHY BRAVES

January 2018



Notes from the Borden School Health Office

Flu Prevention Tips

1. Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available.
2. Cover coughs with a disposable tissue or cough into your sleeve.
3. Avoid touching eyes, nose, and mouth.
4. Avoid close contact with sick individuals.
5. Avoid sharing cups and eating utensils.
6. Stay home when sick.

Hand Washing Education for all BES Classrooms



Left, Zayden Robb volunteered to help Mrs. Stopher demonstrate, with Glow Germ Lotion and a black light, where germs can lurk on our hands. All BES classrooms have had reviews on proper handwashing and learned that it is the most important illness prevention measure they can take.

When to Stay Home From School

We encourage students and staff to be in class faithfully, but there are times that illness prevents us from attending. West Clark Community Schools' policy on sick days is based on recommendations from the Centers for Disease Control. Persons should stay home if they have:

Active diarrhea or vomiting

Fever 100 degrees or more

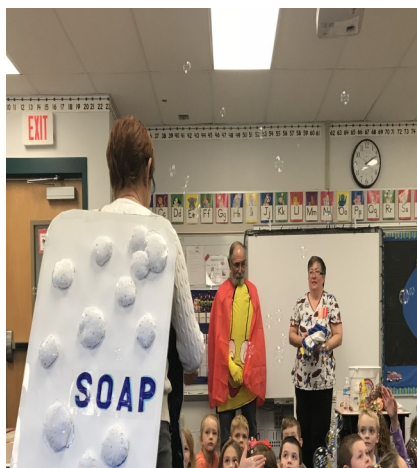
Undiagnosed Rash

Persistent cough

Discharge from the eyes

Severe cough

Students should be fever-free for 24 hours without the use of fever-reducing meds such as Tylenol or Advil. Students with vomiting or diarrhea should be episode free for 24 hours before returning to school.



“HENRY THE HAND” Visits Our First Grade Classrooms

Retired Senior Volunteer Programs sponsored a special visitor to come to first grade classrooms in our county. Learn more about Henry's creator, Dr. Will Sawyer, at www.henrythehand.com. The students enjoyed the presentation and learned ways to stay well during flu season.