

STAYING HEALTHY AT SCHOOL

Diseases are caused by germs transmitted from one person to another in the air, body fluids such as blood and saliva and through the skin if open sores or chapped skin is present. Germs also travel through coughs and sneezes.

Germs LOVE warm moist places and multiply rapidly in this kind of environment. When objects or hands touch places where there are a lot of germs, they pick up germs which then enter the body through the nose, eyes, mouth, and/or broken skin.

Handwashing is the single most important way to prevent infection and the spread of diseases. Be sure to wash your hands for at least 20 seconds with soap and water (Sing the Happy Birthday song to yourself twice) after toileting, before preparing or eating food, after handling an animal, after covering a sneeze or cough, after blowing the nose and before and after treating a wound. The CDC (Center for Disease Control) now recommends coughing into sleeves of clothing verses the hands to contain the germs.

It is also important that personal grooming articles and clothing items such as combs and toothbrushes are NEVER shared as they also can transmit diseases.

Other general ideas to remain healthy include maintaining current immunizations, observing good nutrition, exercising regularly, getting enough rest and sleep each day and decreasing life's stressors.

It is of the utmost importance for your students to be at school as much as possible, but please keep them at home if they have fever, diarrhea or vomiting. Students should be free of these symptoms for 24 hours (without medications to control these symptoms) before they can be admitted back to school. Students are better learners if they are healthy.

Please keep in close communication with school health personnel regarding your student's health issues. Also please respect that even though every student's visit to the health clinic is important, it is not possible to call parents for every clinic visit, especially in this peak flu season.

Thank you for your help with these important health issues,
Wylie ISD Health Services

