



SPS Health Services 2019 Winter Newsletter

Flu season is in full swing! The best way to avoid the flu is to receive your flu vaccine. It is never too late! Contact your primary care provider or visit any local pharmacy to receive the vaccine. Handwashing is also most important to prevent the transmission of communicable diseases such as the flu. Check out this informational sheet for more tips to avoid the flu: <https://www.cdc.gov/vaccines/parents/diseases/child/flu-basics-color.pdf>



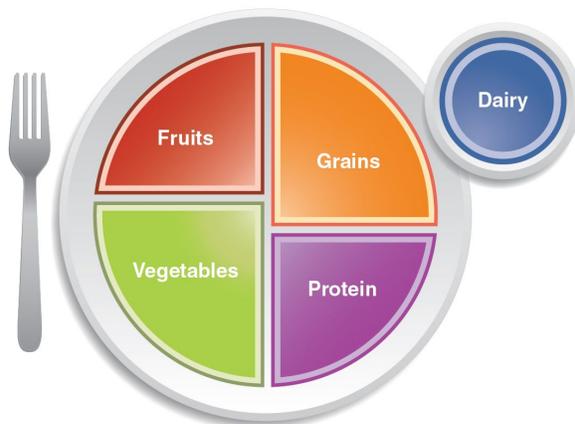
Dress for the cold weather!

Children should dress in layers so moisture can be kept away from the skin. Wet layers should be taken off so children stay warm and dry.

- Dress children in fleece, wool or other fabrics that will help keep moisture away from the skin. Avoid cotton clothes, which will not insulate once they absorb moisture.
- Make sure children wear a hat, which is key to retaining up to 60 percent of their body heat.
- Vulnerable extremities, such as the ears, nose, hands and feet, should always be covered and kept as warm as possible to avoid frostbite.
- Take breaks. Make sure kids come inside periodically so they can warm up.
- Once inside, children should immediately remove wet clothing and warm up.

Good nutrition keeps kids healthy. To make a healthy plate use the following tips:

1. Choose foods and beverages with less saturated fat, sodium, and added sugars.
2. Start with small changes to build healthier eating styles
3. Support healthy eating for everyone



Choose**MyPlate**.gov

See the following website for more information:

<https://www.choosemyplate.gov/>

Too sick for school:

1. Fever >100 F-must be fever free for 24 hrs without fever reducing medications
2. Vomiting and/or diarrhea-keep your child home until symptoms have resolved (approximately 12-24hrs) **and** child is able to keep down food and liquid.
3. Infection
4. Rash of unknown origin

