

A word from your school Nurse
Winter Health Reminders:

A healthy school environment requires the cooperation and effort of us all working together. During this time of year we tend to see a higher incidence of strep throat, respiratory and gastrointestinal illnesses. The nurses of The Odem-Edroy Independent School District would like to remind everyone that they can help to protect themselves and their families from many of these airborne illnesses. Follow the Habits for Good Health listed below recommended by the Center for Disease Control.

Habits for Good Health

- Cover your nose and mouth with a tissue when you cough or sneeze – throw the tissue away after you use it. If you do not have a tissue, cover your mouth and nose with the inside of your elbow.
- Wash your hands often with soap and water especially after you cough or sneeze. If you are not near water, use an alcohol based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you or your child gets the flu, stay home from work or school. Do not go near other people so that you don't make them sick too.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.
- Dress for the weather. Come to school dressed for the winter. Wear layers of loose fitting clothing. Wear mittens and gloves. Wear a hat. Remember, the air that is trapped inside your clothing, warmed by your body heat, is the best protection from the cold.