

SICK OF BEING SICK????

Schools are dirty. Hospitals are dirty. Hotels are dirty. Airplanes are dirty. Malls are dirty. Bathrooms are dirty. Doorknobs are dirty...Everything is dirty!!!!Now that I hopefully have your attention, let's talk about "Preventing "Dirty."

Good Hand Washing can help prevent many, many illnesses, sicknesses, and/or many communicable diseases. The reason this works is because Good Hand Washing washes the germs, including dirty germs, away. If the germs are not on dirty hands, then the germs can not get into the mouth which then can invade the body and will help prevent illness or sickness.

It is as simple as that...

Please take it from a parent who did an experiment with her own school age children. As soon as the kids entered their home after school, they washed their hands. Also, before they ate any kind of food, (including snacks) they washed their hands. It took about a month to form a habit of hand washing after school and before eating. It has helped a lot!!!These children have only missed 1 and 2 days of school the whole year. This parent really liked the results of the experiment and still enforces good hand washing. Her children do not even complain anymore because they have noticed a change also.

Just in case people have forgotten the proper way to wash hands. Here are some helpful ways to wash hands.

1. Wet hands
2. Apply soap
3. Make bubbles, Lots of bubbles (Rub the hands together including in-between fingers)
4. Wash the bubbles away. Good bye bubbles, Good bye germs.

Four easy steps!!

- It takes about 30 seconds for the entire process. That is one minute/school day. It takes a lot longer than that to take care of a sick child.
- Good Hand Washing does work. If it didn't, there wouldn't be so many proven articles and books about the subject.
- Medical personal had to take a class/test on good hand washing. Most of them know that Good Hand Washing works. So, try it, give it time, be patient, and then you'll probably like the results too.
- Remember, it takes at least 28 days to start a habit.

General Guidelines for Williams Bay Elementary:

Send student to school if your student is...

1. 24 hour fever free: (fever free = 99.9 degrees or < taken by mouth or by ear... **without** medication such as acetaminophen (Tylenol) or Ibuprofen (Motrin, Advil) ...This not only helps your child recover faster, it also helps prevent other students/staff from getting sick.

2. 24 hour diarrhea or vomit free...This also helps your child recover faster, and also helps prevent other students/staff from getting sick.

*These are guidelines. You as parents/guardians know your child the best and know when they are sick or when they are healthy. *If your child is sent to the office/ health room:

- 1) Temp. will be checked by the school nurse or staff member
 - i. if temp. is 99.9 or <, child is usually sent BTC (Back to Class)
 - ii. if temp. is 100.0 or >, parent/guardian will be called and child will be sent home...

2) If student states that he vomited/ and or has/had diarrhea, and is not feeling well, judgment call will be considered depending upon action of the student.

Thank-you for reading,
Donna Neshek (Williams Bay Elementary School Nurse)