



# SPRING HEALTH TIPS



## WASH YOUR HANDS:

Properly wash your hands with soap and water for at least 20 seconds. This helps prevent the spread of germs and keeps the classroom clean and healthy.



## ALLERGIES

If your child suffers from seasonal allergies discuss with your pediatrician best treatment options during the allergy season. Any over the counter/prescribed medications that need to be given during school such as saline nasal spray or eye drops REQUIRE a physicians order form.

## HEAD LICE

Spring & Summer are more common for head lice cases, due to the nature of sharing helmets, hats playing more closely etc. Remember to routinely check your Childs hair and notify the school nurse if you identify any case.



## STAY HOME

If your not feeling well, please stay home and if necessary followup with the pediatrician. The best way to get better is to rest !

## HYDRATION

American Academy of Pediatrics recommends 5 cups of water per day for children ages 4-8. Remember to send in a water bottle daily with your child so they stay well hydrated during these warmer months!



Remember, a healthy and safe classroom is a happy place for learning!  
Please reach out to Nurse Erica for any questions or concerns!