

Chesterfield Township School District

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Office of the School Nurse

Chesterfield Families,

As you are all well aware, we are at the height of cold/flu season. Just a few words of advice to keep yourselves, your children, and your families healthy and avoid getting sick.

First and foremost...WASH YOUR HANDS! While hand sanitizers are effective at eliminating most of the germs we come in contact with, the best way to prevent the spread of infection and viruses is good old fashioned hand washing with soap and water. Please encourage your children to PROPERLY wash their hands several times throughout the day. Singing the ABC's while they work that soap into their hands ensures they are washing for the proper amount of time.

Encourage your children to cough and sneeze into their arms/sleeves or use a tissue. At home, we tell my boys "chicken wing" to encourage them to use their arm as the target for their cough/sneeze. Many of the viruses we are seeing are spread through respiratory secretions or through the air. If we can contain the germs in a tissue or sleeve, we lessen the chance of spreading the virus.

I know we are all so busy, but make sure you and your children get enough sleep. Try going to bed 15-30 minutes earlier each night to allow your body to rest. When we are over tired, our immune systems weaken making us more susceptible to catching an illness.

Eat a healthy diet and drink plenty of water. Fueling our bodies with proper nutrition and staying hydrated keep our immune systems strong. Disclaimer...permission to cheat during the Super Bowl :)

If your child does contract an illness, please report it to the health office.

Stay well!!

Marylyn Campanella, RN, BSN, CSN
School Nurse
Chesterfield Elementary School

Chesterfield Elementary School strives to build a premier institution of learning where students are challenged to their fullest potential in a safe and caring environment.