

October health newsletter

supporting student health for a safe and successful school year

Spread Kindness, Not Germs

Cold & flu season is here! Please remind your student to wash their hands and sneeze/cough in their elbow. You can call your doctor or local pharmacy for a flu shot.

Health office reminders

- **The updated immunization policy has been sent home with students. If you need an additional copy, please feel free to stop by the front office.**
- **Families of students who are missing required immunizations have been notified by letter.**
- **If your child does not pass the hearing or vision screening a letter will be sent home to notify you. Please make sure you check your child's backpack regularly for any papers that are sent home.**

Please reach out with any questions or concerns I am always happy to help.

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Healthy Lungs, Happy Kids!

October is National Healthy Lung Month, a great time to learn how to keep our lungs strong and healthy!

Our lungs work hard every day.

They help us breathe in oxygen, which gives our bodies energy to learn, play, run, and grow. Every breath we take is important!

Nurse's Corner

Keep those Lungs Happy!

- Be active every day by running, playing, dancing, or riding a bike.
- Take deep breaths and enjoy fresh air when you can.
- Stay away from smoke and other harmful pollutants that can make it harder for your lungs to do their job

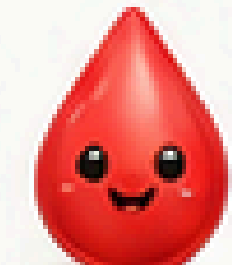
Remember: Making smart choices every day can help your lungs stay strong so you're ready to learn, play, and have fun. 🌟💙🫁🍂

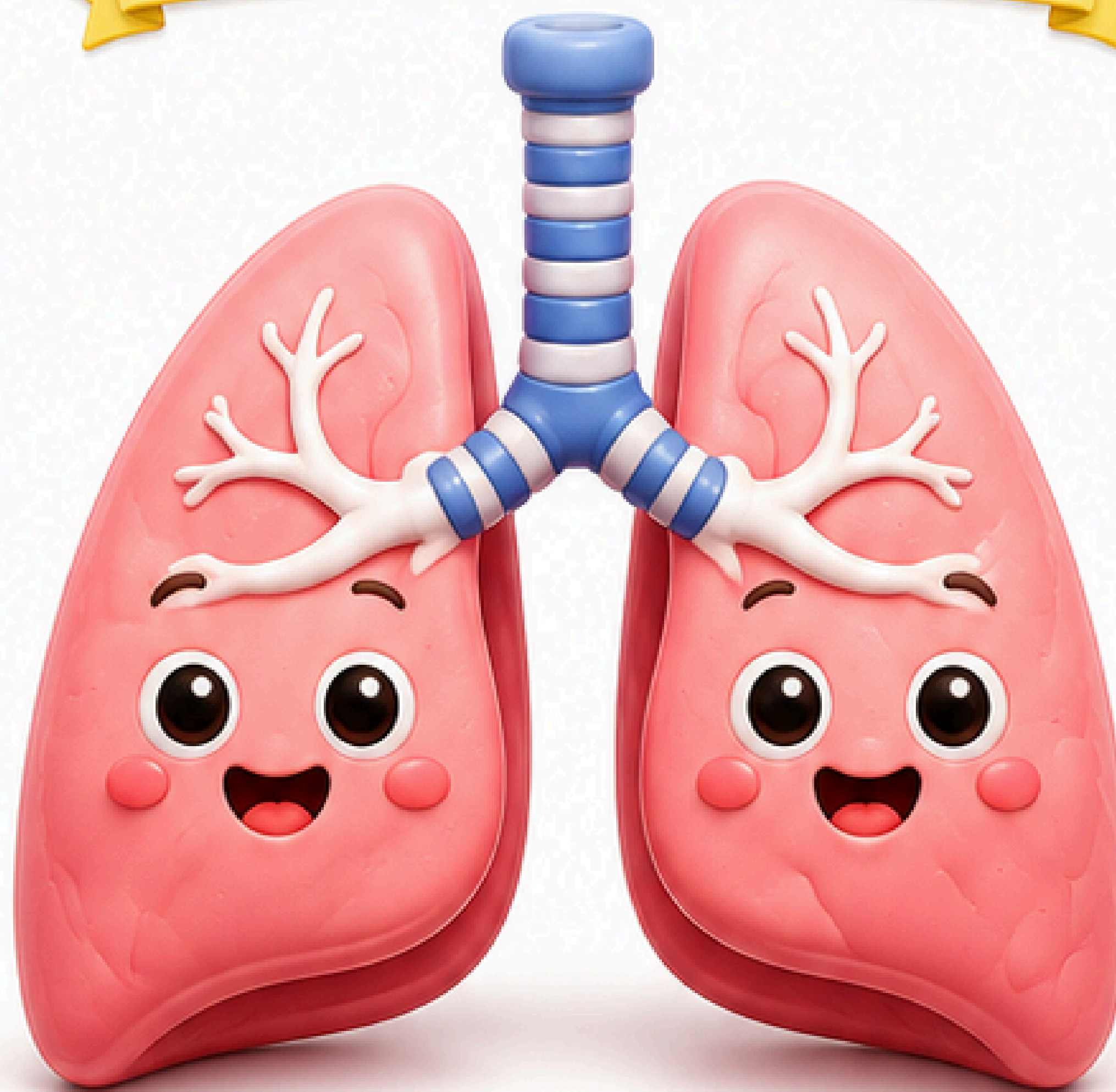
HOW I BREATHE

LUNGS

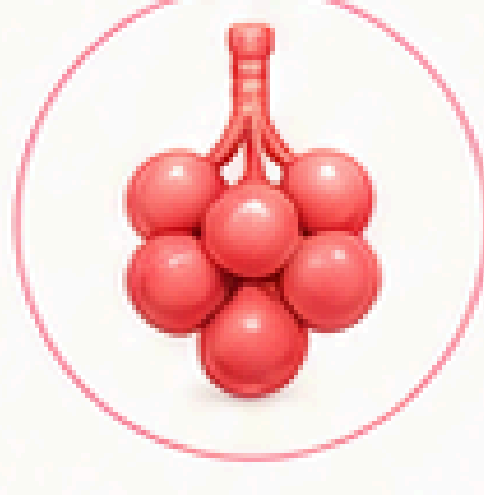
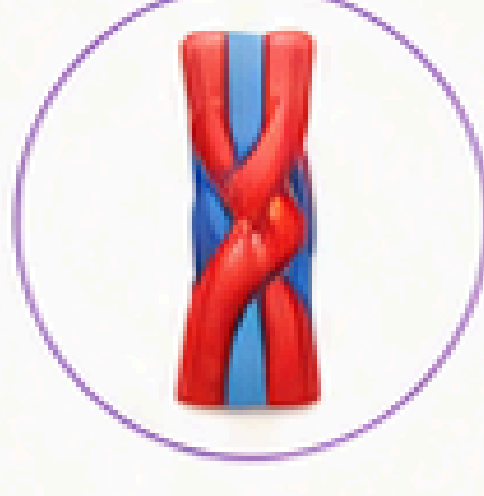
Air in. Life in. Stay healthy! ❤️

HOW BREATHING WORKS

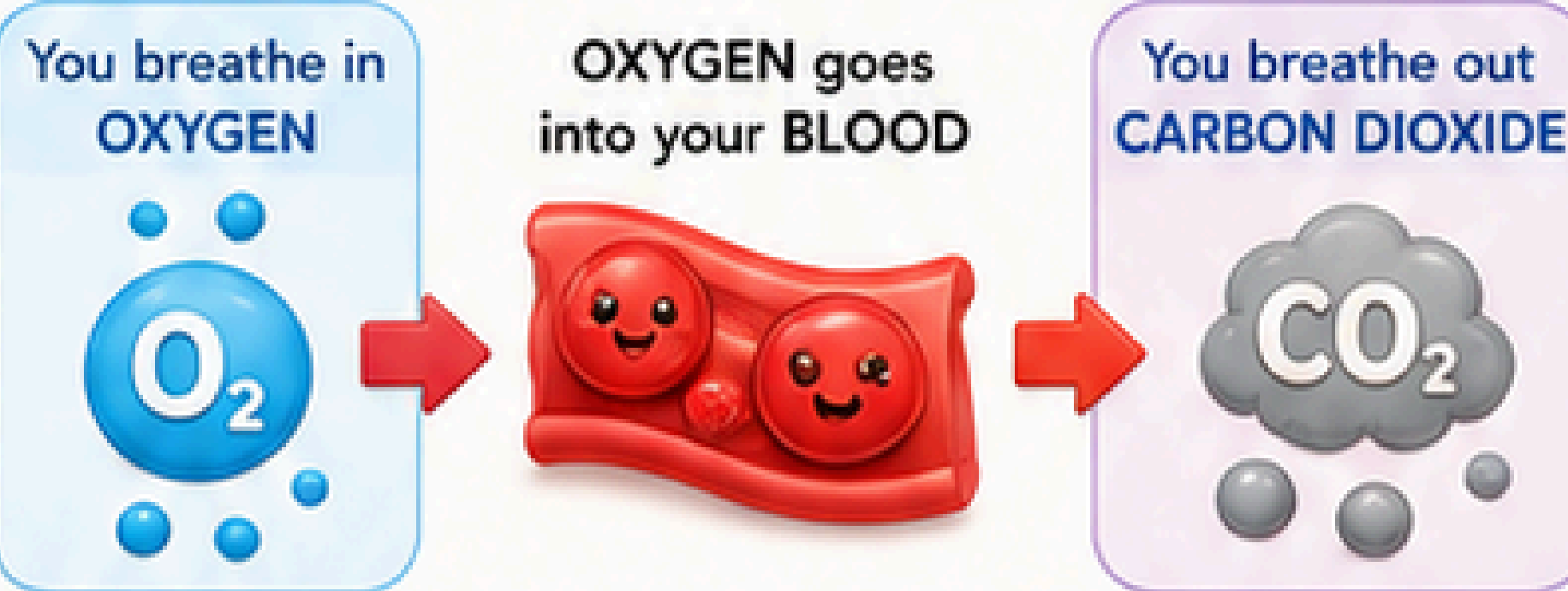
- 1** You breathe in clean air through your nose or mouth. 
- 2** The air goes down your windpipe to your lungs. 
- 3** Your lungs take in oxygen from the air. 
- 4** Oxygen goes into your blood. 
- 5** Your body uses oxygen for energy. 
- 6** Your body releases carbon dioxide. 
- 7** You breathe out used air. 



PARTS OF THE LUNGS

- Windpipe (Trachea)**
Carries air to and from the lungs. 
- Bronchi**
Two main tubes that carry air into each lung. 
- Alveoli**
Tiny air sacs where oxygen enters the blood. 
- Blood Vessels**
Carry oxygen to the body and bring back carbon dioxide. 

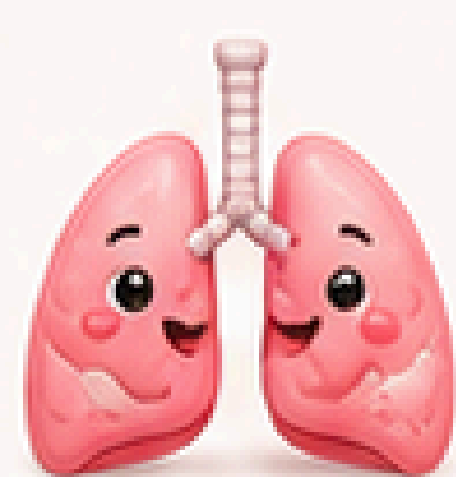
OXYGEN IN, CARBON DIOXIDE OUT



KEEP YOUR LUNGS HAPPY!

-  Breathe fresh air
-  Exercise every day
-  Drink lots of water
-  Eat healthy foods
-  Stay away from smoke and pollution

FUN FACTS!



Your lungs work 24/7 to keep you alive!



A healthy adult takes about 20,000 breaths every day!

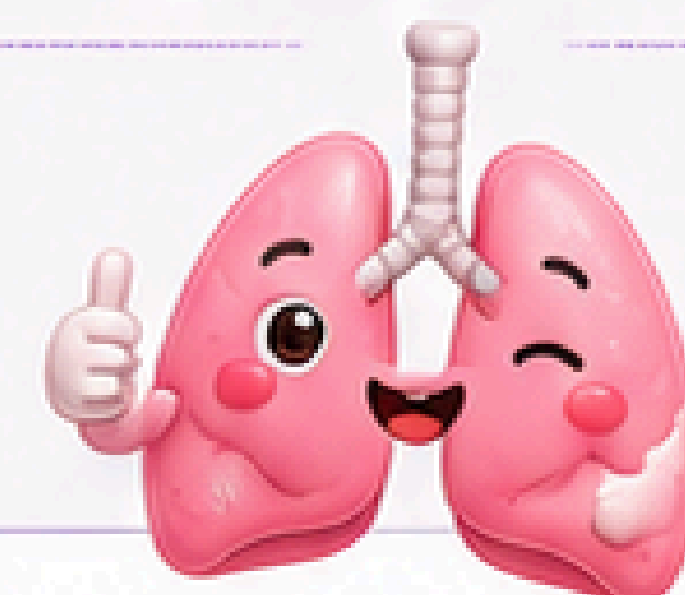


Trees give us oxygen to help us breathe!

CAN YOU REMEMBER?

Choose the correct answer.

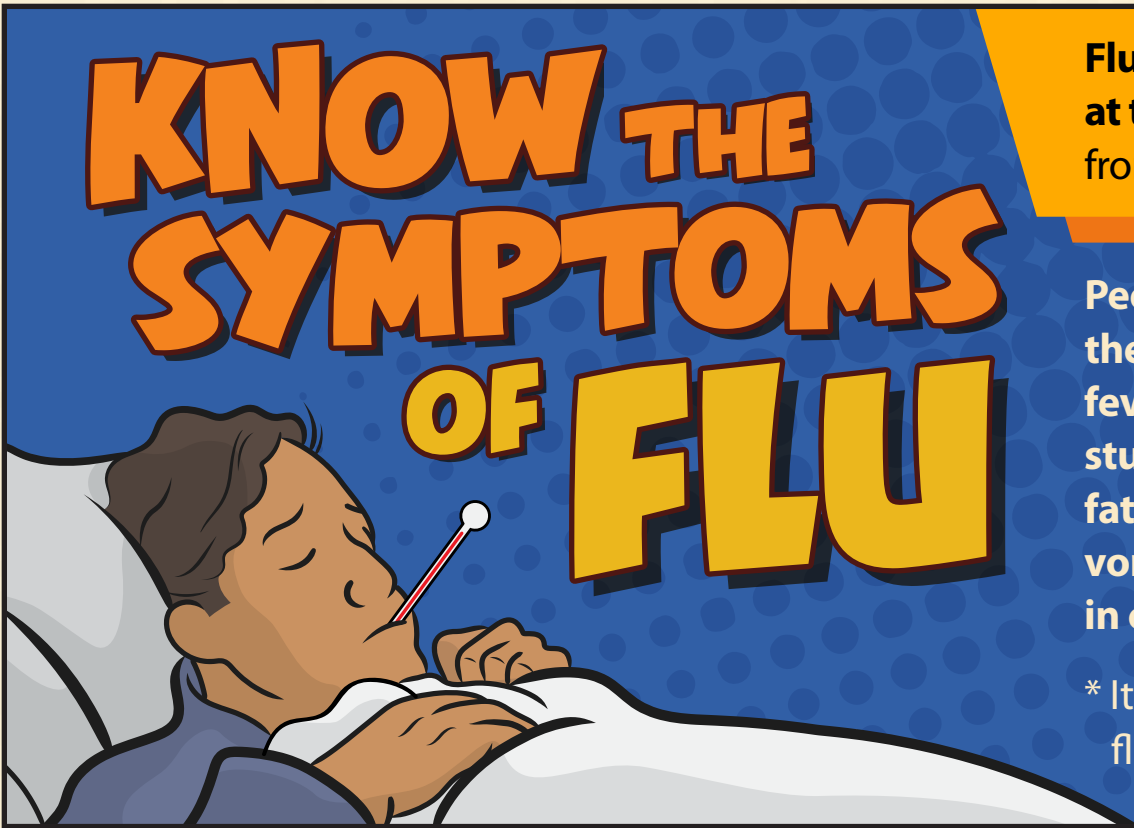
- What do we breathe in?
A. Carbon dioxide
B. Oxygen
C. Smoke
- What do our lungs do?
A. Pump blood
B. Take in oxygen
C. Digest food
- Where does oxygen go?
A. To the stomach
B. Into the blood
C. To the brain
- What do we breathe out?
A. Oxygen
B. Water
C. Carbon dioxide
- What helps keep our lungs healthy?
A. Smoking
B. Exercise
C. Junk food



❤️ BREATHE DEEP, BE HAPPY, STAY HEALTHY! ★



Influenza (or flu) is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.



Flu viruses can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms: Fever* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children.

* It's important to note that not everyone with flu will have a fever.



Antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu and people who get flu symptoms who are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.



When you are sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

*Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.

DON'T SPREAD GERMS

WASH YOUR HANDS

Use water and soap while counting slowly to 20
(or sing Happy Birthday twice!)



WET HANDS
& APPLY SOAP



PALM TO PALM



BACK OF HANDS



BETWEEN FINGERS



WASH THUMBS



PALMS & NAILS



WASH WRISTS



RINSE WELL



DRY HANDS

