

Great Neck Public Schools

As the season of colds and flu approaches the Great Neck School Nurses would like to take this opportunity to make a few suggestions about prevention and good health habits.

Prevention of disease is the best cure, and it is our foremost priority to keep our children healthy. To address our goal of reducing the number of absences due to illness we are stressing good hand washing technique which is the first line of defense in controlling the spread of disease. It is recommended that the entire hand should be placed under running water, washed with soap for 20-30 seconds and dried thoroughly to avoid chapping the skin. Chapped skin can cause small cuts which are painful and can become infected.

The following are some additional suggestions to discuss with your child and help your family remain healthy this winter season.

1. Hands should be washed during the day, not only when they look “dirty”, but after sneezing and coughing and before eating. Hands can also be cleansed with hand sanitizers during the day; this does not take the place of appropriate hand washing but can be used in addition to it.
2. Sneeze or cough into a tissue, throw it away and wash your hands.
3. Turn away from others when sneezing or coughing and use a sleeve to cover your mouth if you don't have a tissue.
4. Keep hands away from eyes, nose and mouth – germs are passed on hands from person to person.
5. Try to use disposable cups in the bathroom and individual towels.
6. Eat a healthy well balanced diet, get plenty of exercise and a good night's sleep. It is suggested that children aged 5-12 get a minimum of 9-1/2 hours of sleep per night.
7. A temperature of 100° and above is considered cause for a child to be sent home from school. Children with fevers must be fever-free (98.6°) for 24 hours before returning to school.
8. A child who complains of not feeling well before coming to school should be kept at home.
9. Please be reminded that by law, school nurses may not administer any medications without a note from the physician and the parents. This includes over the counter (i.e. Tylenol) as well as prescribed medication.

If you have any questions please do not hesitate to contact your school nurse.