



# Nurses Notes



## *Healthy Students are Better Learners!*

There are many things a parent or student that can do to help one stay healthy and active during the school experience.

To avoid illness such as strep, mono and various other "common illnesses" one needs to take care of themselves.

Ways to stay healthy:

- ❖ Eat at least 5 servings of fruit & vegetables a day
- ❖ Get plenty of rest (7-8 hours)
- ❖ Exercise to stay healthy
- ❖ Drink plenty of water
- ❖ Cough into your shoulder - not your hand
- ❖ Frequent hand washing

**Influenza** is a **contagious upper respiratory infection** that can be prevented or minimized by getting an influenza vaccination. Remember Influenza is an upper respiratory infection NOT the gastrointestinal illness associated with nausea and vomiting.

**Influenza symptoms include:**

- **Headache**
- **Fever**
- **Tiredness**
- **Dry Cough**
- **Nasal congestion**
- **Sore Throat**
- **Body aches**
- **Debilitating enough to miss school or work for up to 10 days**

You can help limit your risk of missing school or work by considering an influenza vaccination.

For more vaccination information you can check out the notice provided by ACMC, our medical partner - helping us to be healthy consumers.

See the Influenza attachment from ACMC to schedule your student for their influenza vaccination.