

# CLINIC NEWS

## NEWS FROM THE NURSE

Welcome back parents and students! I hope you enjoyed your summer. Parents, this is just a reminder that if your child has any type of health condition that requires any type of medication (even over-the-counter) during school hours, you must have a Medication Authorization form completed by you and a physician. Some medications also require an Emergency Care Plan completed by you and that physician. If your child had these forms and medications in school last year, that paperwork does not carry-over so new paperwork must be done yearly (during July/August is best for the new school year). The medication must be brought to the clinic with the forms and logged in by an adult, **not the student**. If you have any questions, please feel free to the nurse any time from 8:15AM to 2:15PM. Our school phone number is 386-575-4166, clinic extension 42798. Thank you and have a healthy and productive school year!

## HEALTHY HABITS

"Did you wash your hands?" Students, how many times did you hear that today? Probably a lot! But why are adults so hung up on hand-washing? Why are they so in love with lather? Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today. From the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to dig in the dirt. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands. You can't wear rubber gloves all day long, but you **can** wash your hands often so those germs don't get a chance to make you or someone else sick. When germs go down the drain, they can't make anyone sick.

So, when are the best times to wash your hands?

- When your hands are dirty
- Before eating or touching food
- After using the bathroom
- After blowing your nose or coughing
- After touching pets or other animals
- After playing outside
- After visiting a sick person

Now you have the when and why of hand-washing! But, did you know that a lot of people don't know how to get their Panther Paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

- Use warm water (not cold or hot)
- Use whatever soap you like. Antibacterial soap is okay but regular soap works just fine
- Work up a good lather on both sides of your hands, your wrists, between your fingers and don't forget to wash around your nails where the germs like to hide
- Wash for about 10-15 seconds, about how long to sing "Happy Birthday" (sing it fast twice or slowly just once)
- Rinse and dry your hands with a clean towel and you're done!

Here's to a healthy school year!