

Health Matters with Nurse Q



Summer will begin "in the mode of social distancing" again and we want our students and families to feel safe and prepared as they get ready for summer break. So here are some suggestions on how to protect your family:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer.
- Reduce close contact with others by practicing physical distancing. This means staying home as much as possible and avoiding groups. If you do need to run an errand like going to the grocery store or pharmacy for your family, the CDC recommends wearing a face mask.
- Teach kids to cough and sneeze into a tissue (make sure to throw it away after each use!) or to cough and sneeze into their arm or elbow, not their hands.
- Avoid touching your face; teach your children to do the same.
- Clean and disinfect your home as usual using regular household cleaning sprays or wipes.

- Wash stuffed animals and blankets, following manufacturer's instructions in the warmest water possible and dry them completely.
- Follow local and state guidance on travel and stay at home restrictions. (Keep a watch for updates).
- Get COVID-19 vaccines as soon as they become available to your family. Vaccines are currently authorized for adults and teens age 16 and up. Children age 12 and older are expected to be able to get them soon. Clinical trials for vaccines given to younger children and infants still need to be completed.

The American Academy of Pediatrics suggests parents should call their pediatrician if they have any health concerns regarding their students.

Your pediatrician can help you decide the best course of action--- here are the options for care: treatment at home, a telemedicine appointment or an office visit. Call your pediatrician's office and they will help you decide which is the best option based on your child's symptoms.

Plan early for your summertime **SCHOOL PHYSICALS**---Please have your pediatrician check on student's immunization schedule during your visit so they are ready for the upcoming school year. Call your Doctor early as the appointments are booking up!

Also, dental check-ups are an important part of your child's overall health and wellbeing. **CHILDREN SHOULD VISIT THEIR DENTIST TWICE A YEAR FOR CHECK-UPS.** Please schedule a visit if needed.

Summertime Nutrition

Remember to eat healthy and get lots of exercise and rest!

--- Serve low-fat or non-fat milk, yogurt and cheese.

---Starchy foods help the body use fat and cholesterol, so include small amounts of potatoes, pasta and rice with meals.

--- Try to avoid high-calorie toppings including butter, sour cream and gravy. Instead, try cottage cheese, grated parmesan cheese, or low-fat yogurt as toppings.

---Serve lean meats, such as white meat chicken or turkey, lean cuts of beef or pork and fish.

---Offer **FRESH SUMMER VEGATABLES AND FRUITS** ---they are at peak flavor this time of year.

----Try not to fry foods---bake, broil or grill instead.

---For after dinner sweets ---- prepare fresh fruit or angel food cake and save heavy desserts for special occasions.

These tips will help you and your family enjoy both good taste and good health throughout the summer

Healthy Children Learn Better ---Looking for 2021-2022 to be the best school year ever!



Wishing you a happy, healthy and safe summer.

Nurse Q