

Nursing Matters

Cache County School District
Nursing Department



Make some time for yourself. Just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

1. Wash hands often.

It's flu season. Wash your hands with soap and running water for at least 20 seconds.

2. Manage stress.

Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

3. Don't drink and drive

Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

4. Bundle up

Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and boots.

5. Be smoke-free.

Avoid smoking and secondhand smoke.

6. Buckle up

Buckle up every time, no matter how short the trip and insist passengers do the same.

Consider asking Santa for a pedometer...



Plan on joining us as we walk to health in 2015!

Details next month!

7. Get screened

Ask your health care provider what exams you need and when to get them.

8. Get vaccinations

Help prevent various diseases and save lives.

9. Monitor children

Keep potentially dangerous toys, food, drinks, and household items, out of child's reach.

10. Practice fire safety.

Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended.

11. Prepare food safely.

Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures and refrigerate them promptly.

12. Eat healthy, stay active.

Choose wisely. Limit portions. Keep moving.

13. Stay Hydrated!

Drink plenty of water.



Hydration: Why it's so Important...

Your body depends on water for survival. Every cell, tissue and organ in your body needs water to function correctly.

Your body uses water to maintain its temperature, remove waste, and lubricate joints.

Water is essential for good health

Keep a bottle of water with you.

Plain water "icky"? Try a slice of lemon or lime.

Start and end your day with a glass of water.

Feel hungry? Try water-sensation of thirst is often confused with hunger.