

Nursing Matters...

Cache County School District Nurses

9/15/2014

[Edition 1, Volume 1]

Stop Germs-Stay Healthy!

Wash Your Hands!

Wet hands. Apply soap. Lather for 20 seconds. Rinse well. Dry.

Keep hands away from eyes and nose.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



Are you up to date on your personal immunizations?

BRHD is conducting an immunization clinic from 3:00-5:00 P.M. on the following dates:

9/16/14 @ Mountain Crest

9/17/14 @ District Office

9/18/14 @ Sky View

Call BRHD with questions@
792-6500

(FLU shots will be available)

FLU Shot only clinics will be held later this fall...

Enterovirus



* Enterovirus D68 (EV-68) is one of many cold viruses.

* Can cause mild symptoms, including fever and runny nose, or more severe respiratory symptoms.

* Parents should watch their children for signs of respiratory complications, including difficulty breathing, using the chest muscles to take a breath and a decrease in activity levels.

*The best way to avoid EV-D68 is to wash hands thoroughly and often. Those with cold symptoms should cough to the inside of the elbow to avoid spreading secretions.

REMINDER: NO medications shall be given at school without the appropriate completed documents and district nurse approval. Please contact your School Nurse with any further questions.

The Nursing Department of CCSD is excited to bring you this information on staying healthy. Please let us know if you have questions or suggestions for upcoming issues.