

Nurse Debi's Corner:

Happy Fall Homestead Families! I love the colors and coolness of fall, and the promise of holidays just around the corner. We all want to stay well for all the fun activities ahead. So please keep washing those hands, stay home until fevers are under 100 without fever reducing medications, and stay home with frequent coughing. Please let us know how high your child's fever is and if your child has a positive flu test, strep test, or chicken pox. Also, if you do take your child to their doctor, it is always good to get a note to return to school and to excuse their absence.

This is a great time to make sure your children are washing their hands properly and drying well to decrease chapping. You can even use color changing soap! We've all become more aware of washing hands more, coughing into sleeves, and being more careful what we touch. Hand sanitizers are a great quick fix; however, remember washing with soap and water is the best way to prevent infection.

Besides hand washing, it is also important to stay calm, answer your children's questions with simple facts, and educate yourself on the facts. Please visit the CDC's website at [www.CDC.gov](http://www.CDC.gov) for information regarding H1N1. Remember to get plenty of rest, eat a balanced diet, exercise, and push fluids.

\*\*\*Reminders\*\*\*

*Kindergartners:* Please turn in your **EYE EXAMS** and **DENTAL EXAMS** ASAP!

*Second graders:* Please turn in your **DENTAL EXAMS** ASAP!

*New Students:* Please make sure your old HEALTH records have been faxed or sent over. **Please turn in IL physicals, Eye exams and Dental exams!**

*Everyone:* **Please remember cough drops and over the counter medications need a doctor's order.** You can download the School Medication Authorization form on the district's website. Please remember students are not allowed to carry medications, including cough drops and over the counter medications, unless they have a self-carry order (this form can also be downloaded).

***Items Needed:*** With all the rain and mud, we go through a lot of clothes in the nurse's office. If you have old clothes sizes 5-12, please send them in. I especially need pants sizes 8-12, boy's underwear, and socks. It's also a good idea to keep an extra pair of socks in your child's backpack. ***Other items needed include:*** plastic bags, plastic pencil cases in a variety of colors (to hold medications), hand sanitizer, baby wipes, paper for coloring, and snacks (peanut free).

We all have added more soap and hand sanitizer to our lives; however don't let that stop you from enjoying life with your family! Have a wonderful Thanksgiving and beginning to the holiday season!

All smiles,

Nurse Debi Rabick