

Nurse Annie's Health Office News



To all our returning Bulldogs, Welcome Back to School!

To all our new and transferring students, Welcome to Grammar!

I am Nurse Annie, and I am so excited to have you all here! Parents, if you have any questions during the school year, don't hesitate to call me at 738-7161, extension 2. I am here to do my best to keep students healthy, in school and learning.

Though we will continue to face many challenges this school year, by working together, we can keep kids learning, healthy and engaged in school. Events rapidly change as do directives regarding masks and quarantine guidelines, etc.

Unfortunately, this school year will be much like last school year in regard to quarantining students with any symptoms of illness. **Please keep this in mind when your child is not feeling well.** While in normal times these illnesses would not necessarily keep your child out of school, something as simple as mild cold symptoms will this year. **Please do not send your student to school with any of the following symptoms and notify the school.**

Runny Nose/congestion

Nausea or Vomiting

Cough

Sore Throat

Shortness of Breath

A fever

Loss of Taste or Smell

Headache

Body Aches

Chills

Fatigue

Diarrhea

By keeping your child home, you may very well prevent the need for other children to have to stay home in quarantine with symptoms of illness. Please know there will continue to be opportunity for learning to continue at home in the event of a quarantine.



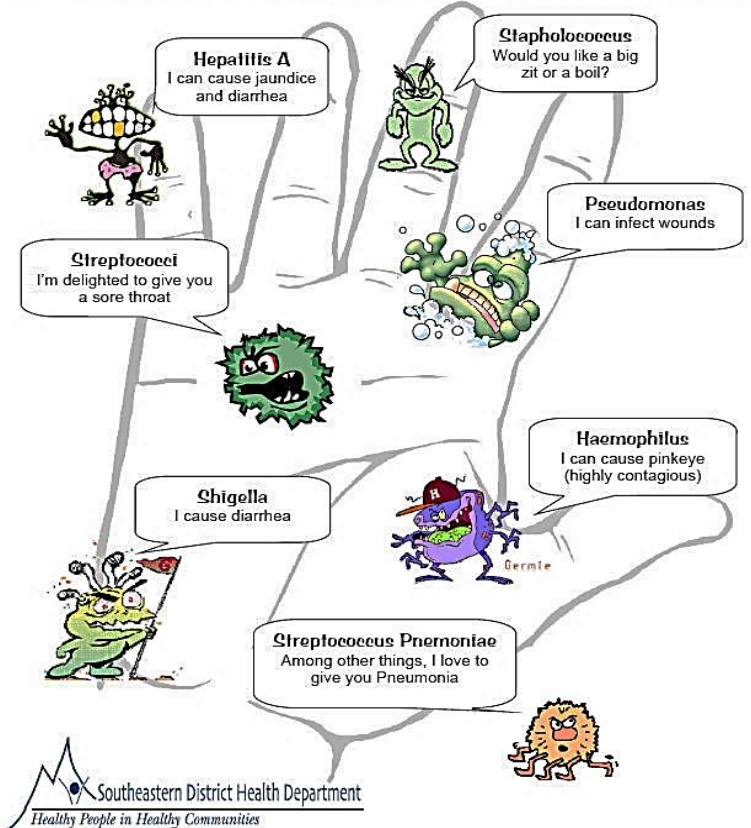
COVID has gotten a lot of attention lately,

but the cold, flu and other illnesses are still lurking around!

What GERMS Are On Your Hands?

To help keep everyone healthy and safe, please keep your child home if he/she has had or has:

- Runny Nose/congestion
- Loss of Taste or Smell
- Nausea or Vomiting
- Headache
- Cough
- Body Aches
- Sore Throat
- Chills
- Shortness of Breath
- Fatigue
- A fever
- Diarrhea



You can help prevent illness by following these healthy habits:

- Getting plenty of rest and nutritious foods.
- **Getting your flu shot.** These should be coming out soon. Protecting yourself and your children from the flu can not only protect your family from getting sick, but it can also keep your child here at school learning with their friends! You can find flu shots at Pharmacies and doctors offices. Many times there is no charge with insurance.
- Reminding your child to never eat or drink from the same utensil, cup or container as someone else.
- Keeping hydrated by drinking lots of water.
- Observing local and regional advisories regarding public places/gatherings.
- Wash hands before every meal, after coming home from a public place, after playing outside, after using the bathroom or when they are visibly soiled. (If you sing yourself happy birthday twice, that's about the length of time you need to get all those germs off!) When a sink is not available, hand sanitizers are a great way to get those germs off your hands.