

An IMPORTANT MESSAGE from your School Nurse

September 2014

As flu and cold season comes upon us, and with the spread of the current enterovirus D68, the importance of **hand washing** cannot be emphasized enough. All throughout the media, doctors and infectious disease experts are emphasizing how proper ***hand washing is the single most effective tool we have in preventing illness.***

Please make an extra effort to carefully wash your child's hands, often, and especially at the fingernails.

Children should always wash their hands:

1. **Before they eat**
2. **After any bathroom activity**
3. **After they come in from playing outside**
4. **Before they come to school**

Remember - shopping cart handles at the supermarkets, door knobs, faucets and many other items we come into contact with throughout our day carry germs and washing our hands in between activities is very important. You might even think about having an extra tub of baby wipes in the car and in your child's lunchbox for quick clean ups. Our staff has also heightened their awareness and hand washing is being reinforced in school.

PLEASE CLICK ON THE ATTACHED LINK FROM THE CENTERS FOR DISEASE CONTROL ABOUT PROPER HANDWASHING. Please continue to instruct your children about the importance of hand washing throughout their day and make this a habit for life for each of our children.

<http://www.cdc.gov/handwashing/when-how-handwashing.html>

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