

A Few Healthy Tips from the Nurse's Office during Cold and Flu Season



Get your flu shot!

Get plenty of rest – a good night's sleep will keep you healthy, and ready to learn at school!

Eat plenty of fruits and veggies – Good nutrition keeps your immune system strong!

Even though it is cold – try to exercise every day! Go for a walk, jog, or even jump rope!

Wash your hands! Keeping your hands clean will prevent the spread of germs!

If you are sick; cough, fever - stay home and rest. Return to school when you are feeling better and ready to learn!