

## Nurse's Corner

Hello  
Spring

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## Hand Washing



Handwashing is one of the most effective way to prevent the spread of germs and to keep kids and adults healthy!

- It is important to wash hands thoroughly, including the tops of the hands, between the fingers, under the nails and palms.
- Children and adults should wash their hands for at least 20 seconds. Singing the “Happy Birthday” song twice is a great way for children to know how long to wash their hands.
- Hands should be washed when they are visibly dirty, after coughing or sneezing, after using the restroom, before eating or preparing food, after changing diapers, after playing outside, and after playing with pets.
- Hand sanitizer is appropriate when that is all that is available and hands are not visibly dirty. Baby wipes are not effective

## Keeping Your Children Healthy

Here are some tips for keeping your children healthy, whether at home or at school. When children are attending school, it is important to always keep them home when they are ill. If they have a fever, they should not return to school until they have been fever free for 24 hours without the use of fever-reducing medications (such as Motrin or Tylenol). If they are throwing up or having diarrhea, they should also stay home. If you have any questions of when your child is safe to return to school, you can call your child’s school office or school nurse.

- Proper hand washing
- Proper nutrition with enough nutrients to fuel their body. You can visit [choosemyplate.gov](http://choosemyplate.gov) for more information on nutrition for children.
- Teaching children to cough and sneezing into their elbows. When they do cover their cough or sneeze with their hands, washing their hands immediately.
- Proper sleeping habits. The American Academy of Pediatrics recommends children 3-5 years of age receive 10-13 hours of sleep per 24 hours (including naps), and children ages 6-12 should sleep 9-12 hours per 24 hours.
- Managing stress and anxiety. Especially during these times of uncertainty with COVID-19, including changes to distance or online learning, it is important that children have ways to manage their stress and anxiety. Finding activities that help children relax, have fun and ease their stress is important. Also, limiting their access to the news can ease or prevent anxiety symptoms.