

Tips and Reminders from the Nurse

MRSA

In light of the recent reports of cases of MRSA in New Jersey it is important for you to follow some basic principals of hygiene to prevent this disease as well as other infections.

The CDC (Center for Disease Control) recommends the following:

- Shower daily and wash your hands often. Use soap and water or an alcohol-based hand sanitizer. Experts suggest that you wash your hands for as long as it takes to recite the alphabet.
- Cover cuts and scrapes with a clean bandage. This will help the wound to heal, as well as prevent you from spreading bacteria to other people.
- DO NOT touch other people's wounds or bandages.
- Do not share personal items like towels or razors. Drying clothes, sheets, and towels in a dryer, rather than letting them air dry, helps to kill bacteria.

MEDICATIONS

- If it becomes necessary for your child to take medication in school please note that all medication should be in the original container with the label intact. A permission slip must be submitted as well. Medication forms can be downloaded from the ringwoodschools.org website.
- No student is permitted to administer their own medication without the nurse's supervision, with the exception of inhalers and Epi-pens.
- It is advisable that medication be brought to school by the parent or another responsible adult, rather than student's carrying it on the bus.

ILLNESS AND ABSENCE FROM SCHOOL

- Please keep your child home if they are vomiting or have a fever. The school attendance line is 973-962-9539 to report your child absence.
- Should it become necessary for you to change your phone number or emergency contact information, please contact the office with all new information.

MISCELLANEOUS

- "BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY" These are words you hear often but do you really follow? Breakfast provides needed nutrients which promote concentration, problem-solving and memory skills. Please see that your child has a well balanced nutritional breakfast before coming to school.
- A delicate note, children in their adolescent years undergo many hormonal changes, with these changes body odor becomes a prevalent problem in middle school. Please encourage your child to shower daily as well as use deodorant/antiperspirant, to prevent embarrassing situations from occurring. Oral hygiene is just as important. All children should be brushing their teeth before coming to school. This is a good habit which will prevent tooth decay from occurring, and protect their beautiful smiles.