



# AN OUNCE OF PREVENTION

NFS Nurse Newsletter: November, 2024

[Nurse Karen's Virtual Nurse's Office](#)

[October 2024 Issue](#)

November is here and that means that winter weather is around the corner! Making sure that your NFS student comes dressed for recess everyday becomes even more important as the temperature drops and the snow and ice arrive. Morning recess can be especially cold- please remember to send students with mittens, hats, and winter coats (and please put their name in EVERY item) so that they don't miss out on any fun! If your child needs a winter coat, please let me know! I have clean, gently-used coats in many different sizes and styles available for the taking!

If you have questions about when to keep your child home from school and when they may return after illness, check out this link: [Staying Home Sick & Returning to School After Illness](#)

As always, if you have questions or want to consult, please reach out to me by phone or email! 603-436-0910/ kutgard@sau52.org

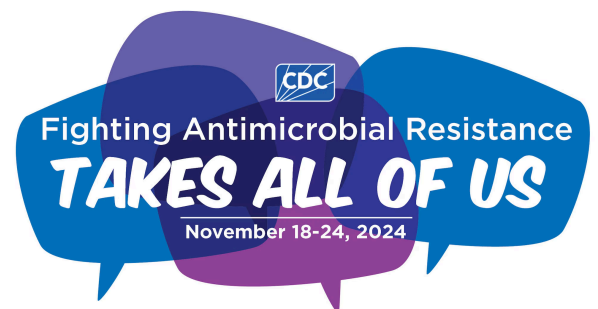
## ANTIBIOTIC AWARENESS

Runny noses, fevers, coughs & sore throats continue to make the rounds at NFS.

Sometimes, we may really want an antibiotic- but don't forget that antibiotics can't fight viruses. If antibiotics are prescribed, follow these guidelines to help reduce antimicrobial resistance:

- Take the antibiotic exactly as directed on the label
- Make sure to complete the ENTIRE prescription
- Never take antibiotics prescribed to another person or for a prior illness

Want to know more? Follow this link: [Antibiotics Aren't Always The Answer](#)



## HOLIDAY FOOD SAFETY

The holiday season is upon us and for many, that means lots of delicious food celebrations! Don't let food-borne illness ruin the fun of your gatherings; check out this website and view the quick video for more information: [Holiday Food Safety | FDA](#)

**REMINDER:** Classroom food celebrations need to be safe for everyone- especially those with food allergies! If you are hoping to send in a food item to share, always check with the classroom teacher first (preferably well in advance).

# PLAN FOR A HEALTHY WINTER!

The fever, coughs, aches, and sore throats of influenza and COVID-19 may be avoided or minimized by getting vaccinated! Check with your child's provider or one of our local pharmacies to schedule flu shots for the whole family! Want to know more about these respiratory illnesses? Check here: [Influenza \(Flu\) | New Hampshire Department of Health and Human Services](#) and here: [NH COVID-19 Response](#)

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## COMING UP WITH NURSE KAREN



- All Month Long: Hearing and Vision screenings continue for grades 3 & 5
  - Sunday, 11/3: daylight savings ends, check smoke detectors and adjust your household clocks!
  - REMEMBER to return a signed parent permission form if you would like Miss Camille from Seacoast Health Grins see your student(s) for a dental health screening!
  - 11/25 & 11/26: Miss Camille from Seacoast Healthy Grins will be completing individual student dental screenings
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**Thanks for reading & have a healthy November!**

*Nurse Karen*