

Howard Emmons School Winter Health Newsletter

2019-
2020

Here are a few things to note that will help keep your children healthy & safe as we head into the cold weather.

What to wear to school: Dress Children in layers to keep them warm and dry; a warm coat, gloves or mittens, and a hat. . Don't forget warm boots (on inclement weather days).

Children do go outside for recess and gym class, and they must be dressed for the weather or they will not be able to go outdoors. * Remove drawstrings from clothing for safety and replace with Velcro.

Winter Sports & Activities: Set reasonable limits on outdoor play to prevent hypothermia and frostbite and make sure kids have a place to go warm up when they get cold. Make sure children come inside periodically to warm up.

Ice skating: Allow children to ice skate only on approved surfaces. Check for signs posted by local police or recreation departments. Advise your children to never skate alone. Consider having your child wear a helmet, & knee or elbow pads, especially when learning to skate.

Sledding: Keep sledders away from motor vehicles and trees. Sled feet first. Children should be supervised while sledding. Consider having your child wear

a hockey helmet while sledding. Look for a slope with less than a 30 degree angle, and a flat runoff.

Motorized Snow Activities: The American Academy of Pediatrics recommends that children under the age of 16 not operate motorized vehicle or sports crafts, and that children under the age of 6 never ride on motorized vehicles or any sports crafts. In addition, helmets are always required.

Winter Health:

Nosebleeds: If your child suffers from winter nosebleeds, try using a cool air humidifier in their room at night. Saline nose drops or Vaseline (petroleum jelly) may help keep the nasal tissue moist. If bleeding is severe or occurs often, consult your child's doctor.

Viruses: viruses that cause colds and flu tend to be more common in the winter. Frequent hand washing and coughing or sneezing into an elbow may help to reduce the spread of colds and flu.

Frostbite: bring child indoors and place frostbitten part of body in warm (not hot) water, approximately 104 degrees F. Administer acetaminophen or ibuprofen because as the skin thaws pain occurs. Do not rub the frozen area. After a few minutes dry and cover the child

with clothing or blankets and give them something warm to drink. Seek medical attention, particularly if blistering occurs.

Flu vaccine: 80% of all influenza cases occur in January, February, and March. We could all benefit from getting the flu vaccine. **Contact your child's doctor or see the below dates for the Department of Health**

Child flu clinics: (adult & child vaccines offered) all at Burlington County Health Department, 15 Pioneer Blvd, Westampton, N.J.

January 27, 2020 – 2pm-5pm

March 23, 2020- 2pm-5pm

June 8, 2020- 2pm-5pm

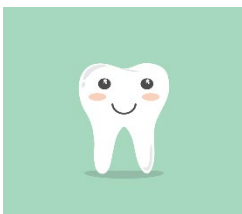


Give Kids A Smile Day. Free Dental Services for Children Ages 12 and Younger will be located at Rowan College at Burlington County on Friday, February 7, 2020. Please call (856)291-4215 for an appointment.



Vision Program for Southern Jersey Family Medical Centers through the Commission for the Blind has a free Vision Clinic. Please call Nicole Travis at 609-481-3107 for an appointment.

Rowan College At Burlington County Dental Hygiene Center offers a wide variety of dental health preventive services. To schedule an appointment, please call (856)291-4215.



Any questions? See the Nurses Corner on our school Webpage or contact:

Mrs. Weekes, BSN, RN, CSN
Howard Emmons School Nurse
609-893-8141 x1166

