

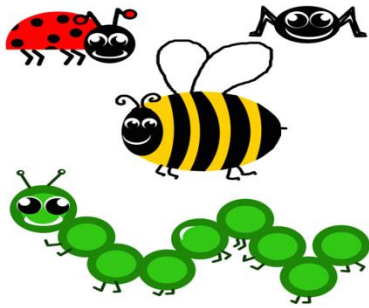
# Fair Lawn Nurses' Newsletter

April Edition

Dear Families & Students:  
Spring is here & it's a good time to be outside enjoying the weather. Here are some ways to help keep you & your loved ones healthy!

The Fair Lawn School Nurses ♥

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## Beware & aware of BUGS!!!

Mosquitos, ticks and fleas transmit diseases. Use appropriate insect repellent. Avoid tick infested areas such as high grass or thick brush. Shower ASAP after coming indoors and check your body for ticks. Wash & tumble dry clothing. Check pets for ticks. Call your doctor if you develop fever, rash, body aches, headache, stiff neck, fatigue or disorientation after a tick bite.

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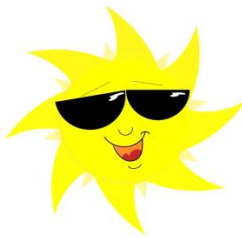


## Grilling out???

Use a meat thermometer to make sure meats are cooked thoroughly. Place cooked meat on a clean platter not back on the one that held raw meats. Wash hands, kitchen utensils and any surfaces that have been in contact with raw meats ASAP.

Good Rule: Keep HOT foods HOT and COLD foods COLD.

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## Fun in the SUN...

While the sun is a welcome change from the cold, dark wintry weather, it can also be dangerous. Do your part to protect yourself and your family from illnesses that are transmitted when participating in recreational water activities. Do not swim if you have diarrhea, do not swallow pool water, wash your hands frequently. Avoid being directly in the sun during the hottest time of the day. Use sunscreen at least SPF 15, cover skin with clothing and wear a wide brimmed hat. Wear sunglasses to protect your eyes (UVA & UVB rays). Always be aware of signs of heat stress.



Drink lots of fluids...

Apply sunblock and wear a hat even when it's not sunny...



Avoid too much physical activity, spending too much time in the sun or staying too long in an overheated place...



## No Drowning Please...



If you decide to swim at the local pool, make sure a lifeguard is present keeping a watchful eye on everyone. If you're at the beach, be even more vigilant. Rip-tides can make you panic – try to remember to swim perpendicular to the beach until you no longer feel the ocean's pull. If you're swimming in a pool at home, YOU are the lifeguard, so be careful!!!

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## Riding Around Town?

Bike safety is a big concern once the nice weather hits. Be safe and follow some basic rules:

- Always wear a bike helmet.
- Wear bright colors and use reflectors if you ride at night.
- Ride in the same direction as cars and signal when you want to turn or stop.



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## Mother Nature...



Thunder storms bring lightning, both of which can be an outdoor hazard! The best place to be is INSIDE. Keep a disaster kit available at home. Check for hidden hazards in the yard...dead or rotten branches can cause injury or damage during a storm. "Lightning never strikes twice in the same place" is a myth...in fact, it will strike several times in the same place in the course of one discharge.

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